

# Survey: SCARED - Child

**Description: Screen for Child Anxiety Related Disorders (SCARED) Child Version (May 2022)**

**Instructions: Below is a list of sentences that describe how people feel. Read each phrase and pick which of the listed choices seems to describe you for the last 3 months.**

**Privacy level: Any staff member**

1. When I feel frightened, it is hard to breathe.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
2. I get headaches when I am at school.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
3. I don't like to be with people I don't know well.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
4. I get scared if I sleep away from home.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
5. I worry about other people liking me.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
6. When I get frightened, I feel like passing out.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
7. I am nervous.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
8. I follow my mother or father wherever they go.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
9. People tell me that I look nervous.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
10. I feel nervous with people I don't know well.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
11. I get stomachaches at school.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
12. When I get frightened, I feel like I am going crazy.	Not True or Hardly Ever True   Somewhat True or Sometimes

13. I worry about sleeping alone.	True   Very True of Often True   Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
14. I worry about being as good as other kids.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
15. When I get frightened, I feel like things are not real.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
16. I have nightmares about something bad happening to my parents.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
17. I worry about going to school.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
18. When I get frightened, my heart beats fast.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
19. I get shaky.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
20. I have nightmares about something bad happening to me.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
21. I worry about things working out for me.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
22. When I get frightened, I sweat a lot.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
23. I am a worrier.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
24. I get really frightened for no reason at all.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
25. I am afraid to be alone in the house.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
26. It is hard for me to talk with people I don't know well.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
27. When I get frightened, I feel like I am choking.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True
28. People tell me that I worry too much.	Not True or Hardly Ever True   Somewhat True or Sometimes True   Very True or Often True

29. I don't like to be away from my family.	Somewhat True or Sometimes True   Very True or Often True   Not True or Hardly Ever True
30. I am afraid of having anxiety (or panic) attacks.	Somewhat True or Sometimes True   Very True or Often True   Not True or Hardly Ever True
31. I worry that something bad might happen to my parents.	Somewhat True or Sometimes True   Very True or Often True   Not True or Hardly Ever True
32. I feel shy with people I don't know well.	Somewhat True or Sometimes True   Very True or Often True   Not True or Hardly Ever True
33. I worry about what is going to happen in the future.	Somewhat True or Sometimes True   Very True or Often True   Not True or Hardly Ever True
34. When I get frightened, I feel like throwing up.	Somewhat True or Sometimes True   Very True or Often True   Not True or Hardly Ever True
35. I worry about how well I do things.	Somewhat True or Sometimes True   Very True or Often True   Not True or Hardly Ever True
36. I am scared to go to school.	Somewhat True or Sometimes True   Very True or Often True   Not True or Hardly Ever True
37. I worry about things that have already happened.	Somewhat True or Sometimes True   Very True or Often True   Not True or Hardly Ever True
38. When I get frightened, I feel dizzy.	Somewhat True or Sometimes True   Very True or Often True   Not True or Hardly Ever True
I feel nervous when I am with other children or adults and	Not True or Hardly Ever True
39. I have to do something while they watch me (for example: read aloud, speak, play a game, play a sport).	Somewhat True or Sometimes True   Very True or Often True   Not True or Hardly Ever True
40. I feel nervous when I am going to parties, dances, or any place where there will be people that I don't know well.	Somewhat True or Sometimes True   Very True or Often True   Not True or Hardly Ever True
41. I am shy.	Somewhat True or Sometimes True   Very True or Often True