

# Screen for Adult Anxiety Related Disorders (SCAARED)

## TO BE COMPLETED BY THE PATIENT

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Directions:**

Below is a list of sentences that describe how people feel. Read each phrase and decide if it is “Not True or Hardly Ever True” or “Somewhat True or Sometimes True” or “Very True or Often True” for you. Then, for each sentence, check  the box that corresponds to the response that seems to describe you now *or within the past 3 months*.

	<b>0</b> Not True or Hardly Ever True	<b>1</b> Somewhat True or Sometimes True	<b>2</b> Very True or Often True
1. When I feel nervous, it is hard for me to breathe.			
2. I get headaches when I am at school, at work or in public places.			
3. I don't like to be with people I don't know well.			
4. I get nervous if I sleep away from home.			
5. I worry about people liking me.			
6. When I get anxious, I feel like passing out.			
7. I am nervous.			
8. It is hard for me to stop worrying.			
9. People tell me that I look nervous.			
10. I feel nervous with people I don't know well.			
11. I get stomachaches at school, at work, or in public places.			
12. When I get anxious, I feel like I'm going crazy.			
13. I worry about sleeping alone.			
14. I worry about being as good as other people.			
15. When I get anxious, I feel like things are not real.			
16. I have nightmares about something bad happening to my family.			
17. I worry about going to work or school, or to public places.			
18. When I get anxious, my heart beats fast.			
19. I get shaky.			
20. I have nightmares about something bad happening to me.			

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	0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	2 Very True or Often True
21. I worry about things working out for me.			
22. When I get anxious, I sweat a lot.			
23. I am a worrier.			
24. When I worry a lot, I have trouble sleeping.			
25. I get really frightened for no reason at all.			
26. I am afraid to be alone in the house.			
27. It is hard for me to talk with people I don't know well.			
28. When I get anxious, I feel like I'm choking.			
29. People tell me that I worry too much.			
30. I don't like to be away from my family.			
31. When I worry a lot, I feel restless.			
32. I am afraid of having anxiety (or panic) attacks.			
33. I worry that something bad might happen to my family.			
34. I feel shy with people I don't know well.			
35. I worry about what is going to happen in the future.			
36. When I get anxious, I feel like throwing up.			
37. I worry about how well I do things.			
38. I am afraid to go outside or to crowded places by myself.			
39. I worry about things that have already happened.			
40. When I get anxious, I feel dizzy.			
41. I feel nervous when I am with other people and I have to do something while they watch me (for example: speak, play a sport.)			
42. I feel nervous when I go to parties, dances, or any place where there will be people that I don't know well.			
43. I am shy.			
44. When I worry a lot, I feel irritable.			

See: Angulo M, Rooks B, Sakolsky D, Goldstein T, Goldstein B, Monk K, Hickey M, Gill M, Diler R, Hafeman D, Merranko J, Axelson D, Birmaher, B. (In Press). Psychometrics of the Screen For Adult Anxiety Related Disorders (SCAARED)-A New Scale For the Assessment of DSM-5 Anxiety Disorders. Psychiatry Research.

*The SCAARED is available at no cost at [www.pediatricbipolar.pitt.edu](http://www.pediatricbipolar.pitt.edu) under resources/instruments.*

January 19, 2019