

Screen for Child Anxiety Related Disorders (SCARED)

PARENT Version—Page 1 of 2 (to be filled out by the PARENT)

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 your child. Then, for each statement, check the box that corresponds to the response that seems to describe your child *for the last 3 months*. Please respond to all statements as well as you can, even if some do not seem to concern your child.

	0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	2 Very True or Often True
1. When my child feels frightened, it is hard for him/her to breathe.			
2. My child gets headaches when he/she is at school.			
3. My child doesn't like to be with people he/she doesn't know well.			
4. My child gets scared if he/she sleeps away from home.			
5. My child worries about other people liking him/her.			
6. When my child gets frightened, he/she feels like passing out.			
7. My child is nervous.			
8. My child follows me wherever I go.			
9. People tell me that my child looks nervous.			
10. My child feels nervous with people he/she doesn't know well.			
11. My child gets stomachaches at school.			
12. When my child gets frightened, he/she feels like he/she is going crazy.			
13. My child worries about sleeping alone.			
14. My child worries about being as good as other kids.			
15. When my child gets frightened, he/she feels like things are not real.			
16. My child has nightmares about something bad happening to his/her parents.			
17. My child worries about going to school.			
18. When my child gets frightened, his/her heart beats fast.			
19. He/she gets shaky.			
20. My child has nightmares about something bad happening to him/her.			

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	0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	2 Very True or Often True
21. O {"ej kf "y qttlgu about things working out for j ko lj gt.			
22. When o {"ej kf getu frightened, j gluj g sweatu a lot.			
23. O {"ej kf "ku a worrier.			
24. O {"ej kf "getu really frightened for no reason at all.			
25. O {"ej kf "ku afraid to be alone in the house.			
26. It is hard for m{"ej kf to talk with people j gluj g dogun't know well.			
27. When o {"ej kf getu frightened, j gluj g feelu like j gluj g "ku choking.			
28. People tell me that o {"ej kf worrlgu too much.			
29. O {"ej kf "f qgup)like to be away from j kulj gt family.			
30. O {"ej kf "ku afraid of having anxiety (or panic) attacks.			
31. O {"ej kf worrlgu that something bad might happen to j kulj gt parents.			
32. O {"ej kf feelu shy with people j gluj g dogun't know well.			
33. O {"ej kf "worrlgu about what is going to happen in the future.			
34. When o {"ej kf getu frightened, j gluj g feelu like throwing up.			
35. O {"ej kf worrlgu about how well j gluj g dogu things.			
36. O {"ej kf ku scared to go to school.			
37. O {"ej kf "y qttlgu about things that have already happened.			
38. When o {"ej kf getu frightened, j gluj g feelu dizzy.			
39. O {"ej kf feelu nervous when j gluj g "ku with other children or adults cpf "j gluj g"j cu"q"fq"something while they watch j ko lj gt (for example: tgcf "crqwf ."ur gcm"r r{"c"game, play a sport).			
40. O {"ej kf feelu nervous when j gluj g "ku going to parties, dances, or any r meg'y j gtg"j gtg'y kn'dg"people that j gluj g dogun't know well.			
41. O {"ej kf "ku shy.			

The SCARED is available at no cost at www.pediatricbipolar.pitt.edu under resources/instruments.

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