

Anxiety (SCARED, 5-item) in Children/Youth

This survey is designed to provide a quick assessment of whether or not a child/youth might have signs and symptoms related to anxiety. However, no test is 100% accurate. No matter what your score is, you should seek help if you have any concerns about yourself or your loved ones.

This questionnaire is the SCARED (5-item), and is meant to be filled out by a child/youth.

Please ask the child/youth to fill out the following:

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" (0)
- "Somewhat True or Sometimes True" (1) or
- "Very True or Often True" for you (2)

Then, for each sentence, fill in one circle that corresponds to the response that seems to describe you for the last 3 months.

1. I get really frightened for no reason at all.

- Not true or hardly ever true (0.0) Somewhat true or sometimes true (1.0) Very true or often true (2.0)

2. I am afraid to be alone in the house.

- Not true or hardly ever true (0.0) Somewhat true or sometimes true (1.0) Very true or often true (2.0)

3. People tell me that I worry too much.

- Not true or hardly ever true (0.0) Somewhat true or sometimes true (1.0) Very true or often true (2.0)

4. I am scared to go to school.

- Not true or hardly ever true (0.0) Somewhat true or sometimes true (1.0) Very true or often true (2.0)

5. I am shy.

- Not true or hardly ever true (0.0) Somewhat true or sometimes true (1.0) Very true or often true (2.0)
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Scoring Key

If the score is 3 and above, this may indicate problems with anxiety.

Special thanks to Dr. Boris Birmaher for permission to use the SCARED (5-item).

For more information about this screening tool:

Birmaher B, Brent D, Chiapetta L, Bridge J, Monga S, Baugher M: Psychometric Properties of the Screen for Child Anxiety Emotional Disorders (SCARED): A Replication Study, *J. Am. Acad. Child Adolesc. Psychiatry*, 1999; 38(10): 1230-1236. Sensitivity is 74% and the specificity is 73%. [PubMed URL]