

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

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

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

January 19, 2018

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TO BE COMPLETED BY CLINICIAN

Name: _____ Date: _____

SCORING:

A total score of ≥ 25 may indicate the presence of an **Anxiety Disorder**. Scores higher than 30 are more specific. **TOTAL =**

A score of **7** for items 1, 6, 9, 12, 15, 18, 19, 22, 24, 27, 30, 34, 38 may indicate **Panic Disorder** or **Significant Somatic Symptoms**. **PA/SO =**

A score of **9** for items 5, 7, 14, 21, 23, 28, 33, 35, 37 may indicate **Generalized Anxiety Disorder**. **GA =**

A score of **5** for items 4, 8, 13, 16, 20, 25, 29, 31 may indicate **Separation Anxiety**. **SEP =**

A score of **8** for items 3, 10, 26, 32, 39, 40, 41 may indicate **Social Phobic Disorder**. **SOC =**

A score of **3** for items 2, 11, 17, 36 may indicate **Significant School Avoidance**. **SCH =**

Developed by Boris Birmaher, M.D., Suneeta Khetarpal, M.D., Marlane Cully, M.Ed., David Brent, M.D., and Sandra McKenzie, Ph.D.,
Western Psychiatric Institute and Clinic, University of Pittsburgh (October, 1995). E-mail: birmaherb@upmc.edu

See: Birmaher, B., Brent, D. A., Chiappetta, L., Bridge, J., Monga, S., & Baugher, M. (1999). Psychometric properties of the Screen for Child Anxiety Related Emotional Disorders (SCARED): a replication study. *Journal of the American Academy of Child and Adolescent Psychiatry*, 38(10), 1230–6.

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