

SELF-REPORT FOR CHILDHOOD ANXIETY RELATED DISORDERS (SCARED)

PARENT FORM

Below is a list of items that describe how people feel. For each item, please darken the circle that best describes your child's feelings now or in the past 2 weeks. Please answer all items 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 (he/she is like my shadow).	☐	☐	☐
9. People tell my child that he/she looks nervous.	☐	☐	☐
10. My child feels nervous with people he/she doesn't know well.	☐	☐	☐
11. My child gets stomach aches 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. My child gets shaky.	☐	☐	☐
20. My child has nightmares about something bad happening to him/herself.	☐	☐	☐
21. My child worries about things working out for him/herself.	☐	☐	☐
22. When my child gets frightened, he/she sweats a lot.	☐	☐	☐
23. My child is a worrier.	☐	☐	☐

	0 Not True or Hardly Ever True	1 Somewhat True or Sometimes True	2 Very True or Often True
24. My child gets really frightened for no reason at all.	☐	☐	☐
25. My child is afraid to be alone in the house.	☐	☐	☐
26. It is hard for my child to talk with people he/she doesn't know well.	☐	☐	☐
27. When my child gets frightened, he/she feels like he/she is choking.	☐	☐	☐
28. People tell my child that he/she worries too much.	☐	☐	☐
29. My child doesn't like to be away from his/her family.	☐	☐	☐
30. My child is afraid of having anxiety (or panic) attacks.	☐	☐	☐
31. My child worries that something bad might happen to his/her parents.	☐	☐	☐
32. My child feels shy with people he/she doesn't know well.	☐	☐	☐
33. My child worries about what is going to happen in the future.	☐	☐	☐
34. When my child gets frightened, he/she feels like throwing up.	☐	☐	☐
35. My child worries about how well he/she does things.	☐	☐	☐
36. My child is scared to go to school.	☐	☐	☐
37. My child worries about things that have already happened.	☐	☐	☐
38. When my child gets frightened, he/she feels dizzy.	☐	☐	☐
39. My child feels nervous when he/she is with other children or adults and has to do something while they watch him/her (for example: read aloud, speak, play a game, play a sport).	☐	☐	☐
40. My child feels nervous when he/she is going to parties, dances, or any place where there will be people that he/she does not know well.	☐	☐	☐
41. My child is shy.	☐	☐	☐

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Assessment Week

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