



**Screen for Child Anxiety Related Disorders (SCARED) — Child**

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Below is a list of sentences that describe how people feel. Reach each phrase and decide if it is: (0) “Not True or Hardly Ever True,” (1) “Somewhat True or Sometimes True,” or (2) Very True or Often True” for you. Then for each statement, mark the appropriate box that seems to describe you for the last 3 months.**

	Statements	Not True or Hardly Ever True (0)	Somewhat True or Sometimes True (1)	Very True or Often True (2)
1	When I feel frightened, it is hard for me to breathe			
2	I get headaches when I am at school			
3	I don't like to be with people I don't know well			
4	I get scared if I sleep away from home			
5	I worry about other people liking me			
6	When I get frightened, I feel like passing out			
7	I am nervous			
8	I follow my mother or father wherever they go			
9	People tell me that I look nervous			
10	I feel nervous with people I don't know well			
11	I get stomach aches at school			
12	When I get frightened, I feel like I am going crazy			
13	I worry about sleeping alone			
14	I worry about being as good as other kids			
15	When I get frightened, I feel like things are not real			

	<b>Statements</b>	<b>Not True or Hardly Ever True (0)</b>	<b>Somewhat True or Sometimes True (1)</b>	<b>Very True or Often True (2)</b>
16	I have nightmares about something bad happening to my parents			
17	I worry about going to school			
18	When I get frightened, my heart beats fast			
19	I get shaky			
20	I have nightmares about something bad happening to me			
21	I worry about things working out for me			
22	When I get frightened, I sweat a lot			
23	I am a worrier			
24	I get really frightened for no reason at all			
25	I am afraid to be alone in the house			
26	It is hard for me to talk with people I don't know well			
27	When I get frightened, I feel like I am choking			
28	People tell me I worry too much			
29	I don't like to be away from my family			
30	I am afraid of having anxiety (or panic) attacks			
31	I worry that something bad might happen to my parents			
32	I feel shy with people I don't know well			
33	I worry about what is going to happen in the future			

	<b>Statements</b>	<b>Not True or Hardly Ever True (0)</b>	<b>Somewhat True or Sometimes True (1)</b>	<b>Very True or Often True (2)</b>
34	When I get frightened, I feel like throwing up			
35	I worry about how well I do things			
36	I am scared to go to school			
37	I worry about things that have already happened			
38	When I get frightened, I feel dizzy			
39	I feel nervous when I am with other children or adults and I have to do something while they watch me (for example: read aloud, speak, play a game, play a sport).			
40	I feel nervous when I am going to parties, dances, or any place where there will be people I don't know well			
41	I am shy			

For Staff Only: Total Score \_\_\_\_\_

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**Screen for Child Anxiety Related Disorders (SCARED) — Parent**

Patient Name: \_\_\_\_\_ Date of Birth: \_\_\_\_/\_\_\_\_/\_\_\_\_

**Below is a list of sentences that describe how people feel. Reach each phrase and decide if it is: (0) "Not True or Hardly Ever True," (1) "Somewhat True or Sometimes True," or (2) Very True or Often True" for your child. Then for each statement, mark the appropriate box that seems to describe your child for the last 3 months.**

	<b>Statements</b>	<b>Not True or Hardly Ever True (0)</b>	<b>Somewhat True or Sometim es True (1)</b>	<b>Very True or Often True (2)</b>
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 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			

	Statements	Not True or Hardly Ever True (0)	Somewhat True or Sometimes True (1)	Very True or Often True (2)
14	My child worries about being as good as other kids			
15	When he/she 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			
21	My child worries about things working out for him/her			
22	When my child gets frightened, he/she sweats a lot			
23	My child is a worrier			
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 me that my child 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			



	Statements	Not True or Hardly Ever True (0)	Somewhat True or Sometimes True (1)	Very True or Often True (2)
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 feel 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 feel dizzy			
39	My child feels nervous when he/she is with other children or adults and he/she has to do something while they watch me (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 he/she don't know well			
41	My child is shy			

For Staff Only: Total Score \_\_\_\_\_