



Screen for Child Anxiety Related Disorders (SCARED) Child/Adolescent Version

Name: _____

Date: _____

Provider: _____

Not True or Hardly Ever True	Somewhat True or Sometimes True	Very True or Often True
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1. When I feel frightened, it is hard to breathe.			
2. I get headaches when I am at school.			
3. I do not like to be with people I do not know well.			
4. I get scared of a 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 looked nervous.			
10. I feel nervous with people I do not 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.			
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.			

CHATHAM-KENT CHILD & ADOLESCENT CLINIC



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Not True or Hardly Ever True	Somewhat True or Sometimes True	Very True or Often True
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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 left alone in the house.			
26. It is hard for me to talk with people I do not know well.			
27. When I get frightened, I feel like I am choking.			
28. People tell me that I worry too much.			
29. I do not like being 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 do not know well.			
33. I worry about what is going to happen in the future.			
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 that I do not know well.			
41. I am shy.			