

# HEALING MINDS

## SCARED — Screen for Child Anxiety Related Disorders

Patient Name:

Date:

2. I get headaches when I am at school.

0 Not true

1 Somewhat true

2 Very true

3. I don't like to be with people I don't know well.

0 Not true

1 Somewhat true

2 Very true

4. I get scared if I sleep away from home.

0 Not true

1 Somewhat true

2 Very true

5. I worry about other people liking me.

0 Not true

1 Somewhat true

2 Very true

6. When I get frightened, I feel like passing out.

0 Not true

1 Somewhat true

2 Very true

7. I am nervous.

0 Not true

1 Somewhat true

2 Very true

8. I follow my mother or father wherever they go.

0 Not true

1 Somewhat true

2 Very true

9. People tell me that I look nervous.

0 Not true

1 Somewhat true

2 Very true

10. I feel nervous with people I don't know well.

0 Not true

1 Somewhat true

2 Very true

11. I get stomachaches at school.

0 Not true

1 Somewhat true

2 Very true

12. When I get frightened, I feel like I am going crazy.

0 Not true

1 Somewhat true

2 Very true

13. I worry about sleeping alone.

0 Not true

1 Somewhat true

2 Very true

14. I worry about being as good as other kids.

0 Not true

1 Somewhat true

2 Very true

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15. When I get frightened, I feel like things are not real.  
0 Not true                      1 Somewhat true                      2 Very true
16. I have nightmares about something bad happening to my parents.  
0 Not true                      1 Somewhat true                      2 Very true
17. I worry about going to school.  
0 Not true                      1 Somewhat true                      2 Very true
18. When I get frightened, my heart beats fast.  
0 Not true                      1 Somewhat true                      2 Very true
19. I get shaky.  
0 Not true                      1 Somewhat true                      2 Very true
20. I have nightmares about something bad happening to me.  
0 Not true                      1 Somewhat true                      2 Very true
21. I worry about things working out for me.  
0 Not true                      1 Somewhat true                      2 Very true
22. When I get frightened, I sweat a lot.  
0 Not true                      1 Somewhat true                      2 Very true
23. I am a worrier.  
0 Not true                      1 Somewhat true                      2 Very true
24. I get really frightened for no reason at all.  
0 Not true                      1 Somewhat true                      2 Very true
25. I am afraid to be alone in the house.  
0 Not true                      1 Somewhat true                      2 Very true
26. It is hard for me to talk with people I don't know well.  
0 Not true                      1 Somewhat true                      2 Very true
27. When I get frightened, I feel like I am choking.  
0 Not true                      1 Somewhat true                      2 Very true

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29. I don't like to be away from my family.

0 Not true

1 Somewhat true

2 Very true

30. I am afraid of having anxiety or panic attacks.

0 Not true

1 Somewhat true

2 Very true

31. I worry that something bad might happen to my parents.

0 Not true

1 Somewhat true

2 Very true

32. I feel shy with people I don't know well.

0 Not true

1 Somewhat true

2 Very true

33. I worry about what is going to happen in the future.

0 Not true

1 Somewhat true

2 Very true

34. When I get frightened, I feel like throwing up.

0 Not true

1 Somewhat true

2 Very true

35. I worry about how well I do things.

0 Not true

1 Somewhat true

2 Very true

36. I am scared to go to school.

0 Not true

1 Somewhat true

2 Very true

37. I worry about things that have already happened.

0 Not true

1 Somewhat true

2 Very true

38. When I get frightened, I feel dizzy.

0 Not true

1 Somewhat true

2 Very true

39. I feel nervous when others watch me do something.

0 Not true

1 Somewhat true

2 Very true

40. I feel nervous at parties or places with people I don't know well.

0 Not true

1 Somewhat true

2 Very true

41. I am shy.

0 Not true

1 Somewhat true

2 Very true