

Your Name: \_\_\_\_\_

Clinic #: \_\_\_\_\_

Date: \_\_\_\_\_

Office Use:

Time:  Eval  Post  6 mo f/u  Other

Hi, to help your doctor learn more about you please answer these questions. We will ask about what you think and feel. There are no right or wrong answers, just answer what you really think. No one will get mad at you for what you say.

Each page has **two sides**, so don't forget to look at the back.

Do you think that you can handle your fears and worries on your own? Circle the answer that best describes you:

1-Not at all      2-A little      3-Some      4-A lot      5-Very, very much

How helpful are the things listed below for fixing fears and worries?

**0 = Not at all      1 = A little      2 = Mostly      3 = Very**

A. Learning to relax my body	0---1---2---3
B. Facing my fears	0---1---2---3
C. Asking my parents if everything will be okay	0---1---2---3
D. Staying away from scary things	0---1---2---3
E. Letting my parents fix scary things	0---1---2---3
F. Taking Medication	0---1---2---3
Which do you think is the best?	A---B---C---D---E---F

## SCAS

Please put a circle around the number that corresponds with the word that shows how often each of these things happen to you, there are no right or wrong answers.

	<b>Never=0</b>	<b>Sometimes=1</b>	<b>Often=2</b>	<b>Always=3</b>
1. I worry about things	0	1	2	3
2. I am scared of the dark	0	1	2	3
3. When I have a problem, I get a funny feeling in my stomach.	0	1	2	3
4. I feel afraid	0	1	2	3
5. I would feel afraid of being on my own at home	0	1	2	3
6. I feel scared when I have to take a test	0	1	2	3
7. I feel afraid if I have to use public toilets or bathrooms	0	1	2	3
8. I worry about being away from my parents	0	1	2	3
9. I feel afraid that I will make a fool of myself in front of people	0	1	2	3
10. I worry that I will do badly at my school work	0	1	2	3
11. I am popular amongst other kids my own age	0	1	2	3
12. I worry that something awful will happen to someone in my family	0	1	2	3
13. I suddenly feel as if I can't breathe when there is no reason for this	0	1	2	3
14. I have to keep checking that I have done things right (like the switch is off, or the door is locked)	0	1	2	3
15. I feel scared if I have to sleep on my own	0	1	2	3
16. I have trouble going to school in the mornings because I feel nervous or afraid	0	1	2	3
17. I am good at sports	0	1	2	3
18. I am scared of dogs	0	1	2	3
19. I can't seem to get bad or silly thoughts out of my head	0	1	2	3
20. When I have a problem, my heart beats really fast	0	1	2	3
21. I suddenly start to tremble or shake when there is no reason for this	0	1	2	3
22. I worry that something bad will happen to me	0	1	2	3
23. I am scared of going to the doctors or dentists	0	1	2	3

24. When I have a problem, I feel shaky	0	1	2	3
25. I am scared of being in high places or lifts (elevators)	0	1	2	3
26. I am a good person	0	1	2	3
27. I have to think of special thoughts to stop bad things from happening (like numbers or words)	0	1	2	3
28. I feel scared if I have to travel in the car, or on a bus or a train	0	1	2	3
29. I worry what other people think of me	0	1	2	3
30. I am afraid of being in crowded places (like shopping centers, the movies, buses, busy playgrounds)	0	1	2	3
31. I feel happy	0	1	2	3
32. All of a sudden I feel really scared for no reason at all	0	1	2	3
33. I am scared of insects or spiders	0	1	2	3
34. I suddenly become dizzy or faint when there is no reason for this	0	1	2	3
35. I feel afraid if I have to talk in front of my class	0	1	2	3
36. My heart suddenly starts to beat too quickly for no reason	0	1	2	3
37. I worry that I will suddenly get a scared feeling when there is nothing to be afraid of	0	1	2	3
38. I like myself	0	1	2	3
39. I am afraid of being in small closed places, like tunnels or small rooms	0	1	2	3
40. I have to do some things over and over again (like washing my hands, cleaning or putting things in a certain order)	0	1	2	3
41. I get bothered by bad or silly thoughts or pictures in my mind	0	1	2	3
42. I have to do some things in just the right way to stop bad things happening	0	1	2	3
43. I am proud of my school work	0	1	2	3
44. I would feel scared if I had to stay away from home overnight	0	1	2	3

## CAMS

We want to know more about your fears and worries. Some examples of things that make kids feel scared and worried are: Meeting new people, taking tests, being away from parents, and going near dogs, snakes, spiders, bugs, or germs.

Now we want to know what you do when you are afraid. Please circle the number that shows how often you do these things when you are afraid. Use this scale:

**Almost Never =0    Sometimes =1    Often =2    Almost Always =3**

### When I feel scared or worried about something ...

1. I try not to go near it.....	0	1	2	3
2. I try not to think about it.....	0	1	2	3
3. I feel scared until I get away from it.....	0	1	2	3
4. I ask if I can do something else.....	0	1	2	3
5. I try to avoid it.....	0	1	2	3
6. I refuse to do it.....	0	1	2	3
7. I think it is best to stay away from it.....	0	1	2	3
8. I try to stay away from it.....	0	1	2	3

## CSDS

Okay, you just told us about your fears and worries. Now we want to know how much your fears and worries have messed things up for you. How much have they stopped you from doing things you want to do?

How much have your fears and worries messed things up with school and homework?

0	1	2	3	4	5	6	7	8	9	10
Not at all	A little bit			Some			A lot		very, very much	

How much have your fears and worries messed things up with friends?

0	1	2	3	4	5	6	7	8	9	10
Not at all	A little bit			Some			A lot		very, very much	

How much have your fears and worries messed things up at home?

0	1	2	3	4	5	6	7	8	9	10
Not at all	A little bit			Some			A lot		very, very much	