

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

Name/ID: \_\_\_\_\_

## RCADS-P

Relationship to Child: \_\_\_\_\_

Please put a circle around the word that shows how often each of these things happens for your child.

|   |       |           |       |        |
|---|-------|-----------|-------|--------|
| 1. My child worries about things  | Never | Sometimes | Often | Always |
| 2. My child feels sad or empty  | Never | Sometimes | Often | Always |
| 3. When my child has a problem, he/she gets a funny feeling in his/her stomach                                      | Never | Sometimes | Often | Always |
| 4. My child worries when he/she thinks he/she has done poorly at something  | Never | Sometimes | Often | Always |
| 5. My child feels afraid of being alone at home   | Never | Sometimes | Often | Always |
| 6. Nothing is much fun for my child anymore   | Never | Sometimes | Often | Always |
| 7. My child feels scared when taking a test   | Never | Sometimes | Often | Always |
| 8. My child worries when he/she thinks someone is angry with him/her  | Never | Sometimes | Often | Always |
| 9. My child worries about being away from me  | Never | Sometimes | Often | Always |
| 10. My child is bothered by bad or silly thoughts or pictures in his/her mind                                       | Never | Sometimes | Often | Always |
| 11. My child has trouble sleeping   | Never | Sometimes | Often | Always |
| 12. My child worries about doing badly at school work   | Never | Sometimes | Often | Always |
| 13. My child worries that something awful will happen to someone in the family                                      | Never | Sometimes | Often | Always |
| 14. My child suddenly feels as if he/she can't breathe when there is no reason for this.                            | Never | Sometimes | Often | Always |
| 15. My child has problems with his/her appetite   | Never | Sometimes | Often | Always |
| 16. My child has to keep checking that he/she has done things right (like the switch is off, or the door is locked) | Never | Sometimes | Often | Always |
| 17. My child feels scared to sleep on his/her own   | Never | Sometimes | Often | Always |
| 18. My child has trouble going to school in the mornings because of feeling nervous or afraid.                      | Never | Sometimes | Often | Always |
| 19. My child has no energy for things   | Never | Sometimes | Often | Always |
| 20. My child worries about looking foolish  | Never | Sometimes | Often | Always |
| 21. My child is tired a lot   | Never | Sometimes | Often | Always |
| 22. My child worries that bad things will happen to him/her   | Never | Sometimes | Often | Always |
| 23. My child can't seem to get bad or silly thoughts out of his/her head.   | Never | Sometimes | Often | Always |

|   |       |           |       |        |
|---|-------|-----------|-------|--------|
| 24. When my child has a problem, his/her heart beats really fast  | Never | Sometimes | Often | Always |
| 25. My child cannot think clearly   | Never | Sometimes | Often | Always |
| 26. My child suddenly starts to tremble or shake when there is no reason for this   | Never | Sometimes | Often | Always |
| 27. My child worries that something bad will happen to him/her  | Never | Sometimes | Often | Always |
| 28. When my child has a problem, he/she feels shaky   | Never | Sometimes | Often | Always |
| 29. My child feels worthless  | Never | Sometimes | Often | Always |
| 30. My child worries about making mistakes  | Never | Sometimes | Often | Always |
| 31. My child has to think of special thoughts (like numbers or words) to stop bad things from happening                     | Never | Sometimes | Often | Always |
| 32. My child worries what other people think of him/her   | Never | Sometimes | Often | Always |
| 33. My child is afraid of being in crowded places (like shopping centers, the movies, buses, busy playgrounds)              | Never | Sometimes | Often | Always |
| 34. All of a sudden my child will feel really scared for no reason at all   | Never | Sometimes | Often | Always |
| 35. My child worries about what is going to happen  | Never | Sometimes | Often | Always |
| 36. My child suddenly becomes dizzy or faint when there is no reason for this   | Never | Sometimes | Often | Always |
| 37. My child thinks about death   | Never | Sometimes | Often | Always |
| 38. My child feels afraid if he/she has to talk in front of the class   | Never | Sometimes | Often | Always |
| 39. My child's heart suddenly starts to beat too quickly for no reason  | Never | Sometimes | Often | Always |
| 40. My child feels like he/she doesn't want to move   | Never | Sometimes | Often | Always |
| 41. My child worries that he/she will suddenly get a scared feeling when there is nothing to be afraid of                   | Never | Sometimes | Often | Always |
| 42. My child has to do some things over and over again (like washing hands, cleaning, or putting things in a certain order) | Never | Sometimes | Often | Always |
| 43. My child feels afraid that he/she will make a fool of him/herself in front of people                                    | Never | Sometimes | Often | Always |
| 44. My child has to do some things in just the right way to stop bad things from happening                                  | Never | Sometimes | Often | Always |
| 45. My child worries when in bed at night   | Never | Sometimes | Often | Always |
| 46. My child would feel scared if he/she had to stay away from home overnight   | Never | Sometimes | Often | Always |
| 47. My child feels restless   | Never | Sometimes | Often | Always |