

SPENCE CHILDREN'S ANXIETY SCALE

Your Name: Date: _____

PLEASE PUT A CIRCLE AROUND THE WORD THAT SHOWS HOW OFTEN EACH OF THESE THINGS HAPPEN TO YOU. THERE ARE NO RIGHT OR WRONG ANSWERS.

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

26.	I am a good person.....	Never	Sometimes	Often	Always
27.	I have to think of special thoughts to stop bad things from happening (like numbers or words).....	Never	Sometimes	Often	Always
28.	I feel scared if I have to travel in the car, or on a Bus or a train.....	Never	Sometimes	Often	Always
29.	I worry what other people think of me.....	Never	Sometimes	Often	Always
30.	I am afraid of being in crowded places (like shopping centres, the movies, buses, busy playgrounds).....	Never	Sometimes	Often	Always
31.	I feel happy.....	Never	Sometimes	Often	Always
32.	All of a sudden I feel really scared for no reason at all.....	Never	Sometimes	Often	Always
33.	I am scared of insects or spiders.....	Never	Sometimes	Often	Always
34.	I suddenly become dizzy or faint when there is no reason for this.....	Never	Sometimes	Often	Always
35.	I feel afraid if I have to talk in front of my class.....	Never	Sometimes	Often	Always
36.	My heart suddenly starts to beat too quickly for no reason.....	Never	Sometimes	Often	Always
37.	I worry that I will suddenly get a scared feeling when there is nothing to be afraid of.....	Never	Sometimes	Often	Always
38.	I like myself.....	Never	Sometimes	Often	Always
39.	I am afraid of being in small closed places, like tunnels or small rooms.	Never	Sometimes	Often	Always
40.	I have to do some things over and over again (like washing my hands, cleaning or putting things in a certain order).....	Never	Sometimes	Often	Always
41.	I get bothered by bad or silly thoughts or pictures in my mind.....	Never	Sometimes	Often	Always
42.	I have to do some things in just the right way to stop bad things happening.....	Never	Sometimes	Often	Always
43.	I am proud of my school work.....	Never	Sometimes	Often	Always
44.	I would feel scared if I had to stay away from home overnight.....	Never	Sometimes	Often	Always
45.	Is there something else that you are really afraid of?.....	YES	NO		
	Please write down what it is _____				

	How often are you afraid of this thing?.....	Never	Sometimes	Often	Always

SCAS CHILD - SCORING AND INTERPRETATION

How to calculate and interpret the SCAS Score



[TRANSLATIONS](#)

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SCORING AND INTERPRETATION

The SCAS consists of 44 items of which 6 are filler items.

Only the 38 anxiety items are scored. The 6 filler items are **NOT** scored.

The responses are scored on a 4 point scale ranging from 0 to 3.

Never = 0

Sometimes = 1

Often = 2

Always = 3

This yields a maximum possible score of 114.

TOTAL SCORE CALCULATION

The total score is the sum of items:

1 + 2 + 3 + 4 + 5 + 6 + 7 + 8 + 9 + 10 + 12 + 13 +
14 + 15 + 16 + 18 + 19 + 20 + 21 + 22 + 23 + 24 +
25 + 27 + 28 + 29 + 30 + 32 + 33 + 34 + 35 + 36
+ 37 + 39 + 40 + 41 + 42 + 44.

Alternatively, the Total Score may be computed from adding together all the subscale scores if there are no missing

subscale scores if there are no missing items

SUBSCALE CALCULATION

The sub-scale scores are computed by adding the individual item scores on the set of items as follows:

Subscale	SCAS ITEMS								
Separation anxiety	+5	+8	+12	+15	+16	+44			
Social phobia	+6	+7	+9	+10	+29	+35			
Obsessive compulsive	+14	+19	+27	+40	+41	+42			
Panic/agoraphobia	+13	+21	+28	+30	+32	+34	+36	+37	+39
Physical injury fears	+2	+18	+23	+25	+33				
Generalized anxiety	+1	+3	+4	+20	+22	+24			

The positive filler items that are **not scored** in either the total score or the subscale scores include item numbers **11, 17, 26, 31, 38, and 43**

INTERPRETATION OF SCORES

Scores should be interpreted in comparison to population norms for age and gender groups. This is because the mean scores tend to be different between boys and girls and tend to change with age.

Once you have added up the total scores and subscale scores, you can compare the results against the percentile scores and T-scores for the appropriate age and gender of the child.

T-SCORE TABLES

Use the T-SCORE Tables on this website

For children aged 7, you can use the tables for 8-11 years.

For 16-17 year olds the 12-15 year tables can be used.

The SCAS is not a diagnostic instrument and should not be used to determine a

and should not be used to determine a clinical diagnosis. It can be used to establish whether a child's anxiety level is substantially higher than other young people of their age group and gender.

A T-score of less than 60 (a percentile score less than 85%) can be said to be in the "normal" range.

A T-score of 60 or more (top 15% or more) suggest higher than normal anxiety, but not necessarily in the clinical range. For this reason, the term "elevated" anxiety is used.

A T-score of 65 means that the child's score is in the top 6% of children.

A T-score of 70 means that the child's score is in the top 2% of children.

Remember that you need to use the T-score templates for age and gender of child

SCORING TEMPLATES

Because the font sizes and layout tends to change when printed out from different computers a fixed scoring template is not provided. These may be developed by the practitioner using a plain acetate sheet to overlay on top of the printed survey to assist in scoring.

Alternatively scores 0 to 3 may be entered into a spread sheet for computing purposes.

The following SPSS code may be useful:-

```
COMPUTE totalscas  
=SUM(scas1,scas2,scas3,scas4,scas5,scas6,sc  
as7,scas8,  
  
scas9,scas10,scas12,scas13,scas14,scas15,scas1  
6,scas18,scas19,scas20,  
  
scas21,scas22,scas23,scas24,scas25,scas27,sc
```

as28,scas29,scas30,scas32,scas33,

scas34,scas35,scas36,scas37,scas39,scas40,s
cas41,scas42,scas44).

EXECUTE.

COMPUTE scassep =

SUM(scas5,scas8,scas12,scas15,scas16,scas44
) .

COMPUTE scassoc =

SUM(scas6,scas7,scas9,scas10,scas29,scas35)

.

COMPUTE scasocd =

SUM(scas14,scas19,scas27,scas40,scas41,scas
42) .

COMPUTE scaspanicag

=SUM(scas13,scas21,scas28,scas30,scas32,sca
s34,scas36,scas37,scas39) .

COMPUTE scasphysinj =

SUM(scas2,scas18,scas23,scas25,scas33) .

COMPUTE scasgad =

SUM(scas1,scas3,scas4,scas20,scas22,scas24)

.

EXECUTE.

**There is also an automatic scoring template available on this website*

[PREVIOUS](#)

SCAS CHILD- Psychometric Properties



[NEXT](#)

SCAS CHILD – Overview