

# Spence Children's Anxiety Scale - Child (SCASChild)

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Age: \_\_\_\_\_ Date of assessment: \_\_\_\_\_

**Instructions:** Please tick the box to show how often each of these things happens to you. There are no right or wrong answers.

Never (0) | Sometimes (1) | Often (2) | Always (3)

		(0)	(1)	(2)	(3)
1.	I worry about things.				
2.	I am scared of the dark.				
3.	When I have a problem, I get a funny feelings in my stomach.				
4.	I feel afraid.				
5.	I would feel afraid of being on my own at home.				
6.	I feel scared when I have to take a test.				
7.	I feel afraid if I have to use public toilets or bathrooms.				
8.	I worry about being away from my parents.				
9.	I feel afraid that I will make a fool of myself in front of people.				
10.	I worry that I will do badly at my school work.				
11.	I am popular amongst other kids my own age.				
12.	I worry that something awful will happen to someone in my family.				
13.	I suddenly feel as if I can't breathe when there is no reason for this.				
14.	I have to keep checking that I have done things right (like switch is off, or the door is locked)				
15.	I feel scared if I have to sleep on my own.				
16.	I have trouble going to school in the mornings because I feel nervous or afraid.				
17.	I am good at sports.				
18.	I am scared of dogs.				
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.				
21.	I suddenly start to tremble or shake when there is no reason for this.				
22.	I worry that something bad will happen to me.				
23.	I am scared of going to the doctors or dentists.				
24.	When I have a problem, I feel shaky.				
25.	I am scared of being in high places or lifts (elevators)				
26.	I am a good person.				
27.	I have to think of special thoughts to stop bad things from happening (like numbers or words).				
28.	I feel scared if I have to travel in the car, or on a bus, or a train				
29.	I worry what other people think of me.				
30.	I am afraid of being in crowded places (like shopping centers, the movies, buses, busy playgrounds).				
31.	I feel happy.				
32.	All of a sudden I feel really scared for no reason at all.				
33.	I am scared of insects or spiders.				
34.	I suddenly become dizzy or faint when there is no reason for this.				
35.	I feel afraid if I have to talk in front of my class.				
36.	My heart suddenly starts to beat too quickly for no reason.				
37.	I worry that I will suddenly get a scared feeling when there is nothing to be afraid of.				
38.	I like myself.				
39.	I am afraid of being in small closed places, like tunnels or small rooms.				
40.	I have to do some things over and over again (like washing my hands, cleaning or putting things in a certain order)				
41.	I get bothered by bad or silly thoughts or pictures in my mind.				
42.	I have to do some things in just the right way to stop bad things happening.				
43.	I am proud of my school work.				
44.	I could feel scared if I had to stay away from home overnight.				

45.	Is there something else that you are really afraid of?
	<input type="checkbox"/> Yes
	<input type="checkbox"/> No
46.	If you are afraid of something else please write down what it is. How often are you afraid of this thing?

### Scores

**Total score:**

### Subscale scores

Separation anxiety:	Panic/agoraphobia:
Social phobia:	Physical injury fears:
Obsessive-compulsive:	Generalized anxiety:

### Scoring

The Spence Children's Anxiety Scale – Child Version (SCAS-Child) is a 44-item self-report measure designed to assess anxiety symptoms in children aged 8-15 years. It evaluates six distinct domains of anxiety that align with clinical diagnostic categories.

The total score is the sum of the 38 anxiety items (filler items are **not** included in the total score). For each item, the child selects a response from 0 to 3, resulting in a total possible score ranging from 0 to 114.

Subscale scores are calculated by summing the scores of the individual items listed for each subscale:

- **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

**Note:** The following positive filler items are **not** included in the total score or any subscale score calculations: items **11, 17, 26, 31, 38, and 43**.

## Interpretation

Scores should be interpreted relative to population norms based on the child's age and gender, as average scores typically differ between boys and girls and vary with age.

After calculating the total and subscale scores, compare them to the corresponding percentile ranks and T-scores for the child's specific age and gender group.

## Additional notes

Spence, S.H. (1997). Structure of anxiety symptoms among children: A confirmatory factor-analytic study. *Journal of Abnormal Psychology*, 106(2), 280-297.

Spence, S. (2021). SCAS CHILD - scoring and interpretation. The Spence Children's Anxiety Scale. <https://www.scaswebsite.com/portfolio/scas-child-scoring-and-interpretation/>