

Screen for Anxiety-Related Childhood Disorders (SCARED) Fact Sheet

Brief Description

The Screen for Anxiety-Related Childhood Disorders (SCARED) is a 41-item, self-report measure used to assess the presence or absence of anxiety disorders in children and adolescents. The SCARED assessment evaluates signs and symptoms related to generalized anxiety disorder, separation anxiety disorder, panic disorder, and social phobia. It also evaluates symptoms related to school phobia.

Target Population

The SCARED assessment should be utilized with children and adolescents aged eight to eighteen.

Administration Details

The SCARED assessment should be completed by the child/adolescent and the parent/guardian during an initial assessment to evaluate for the presence of an anxiety disorder. The child/adolescent version of the assessment should be completed by the child/adolescent about themselves. If the child/adolescent is unable to complete the assessment on their own, they should be asked the questions by their parent/guardian. The parent version, in turn, should be completed by the parent about their child/adolescent. Administration time of the SCARED assessment is usually around 10 minutes. The SCARED assessment should be readministered weekly while the child or adolescent is receiving mental health interventions.

Scoring

The numerical scale for the SCARED Assessment ranges from 0 to 2, with 0 representing not true or hardly ever true, 1 representing somewhat true or sometimes true, and 2 representing very true or often true. The SCARED Assessment should be scored by a clinician. No specified training is required, but knowledge about the different childhood and adolescent anxiety disorders is helpful. A total score of 25 or more may indicate the presence of an anxiety disorder, with scores of 30 or more showing specific correlation to anxiety disorders in children and adolescents.

Culturally Adapted

The SCARED assessment is available in English, Arabic, French, German, Hebrew, Italian, Tamil, Thai, Spanish, Czech, and Finnish.

References

Birmaher, B., Brent, D. A., Chiappetta, L., Bridge, J., Monga, S., & Baugher, M. (1999). Psychometric properties of the screen for child anxiety-related emotional disorders (SCARED): A replication study. *Journal of the American Academy of Child and Adolescent Psychiatry*, 38(10), 1230-1236.