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| **RCADS (age 8-18)**  **Please check the box underneath the word that shows how th**  **often each of these things happen to you.**  **There are no right or wrong answers.** |  |  |  |  |
|  | **Never** | **Sometimes** | **Often** | **Always** |
| 1. I worry about things |  |  |  |  |
| 1. I feel sad or empty |  |  |  |  |
| 1. When I have a problem, I get a funny feeling in my stomach |  |  |  |  |
| 1. I worry when I think have done poorly at something |  |  |  |  |
| 1. I would feel afraid of being on my own at home |  |  |  |  |
| 1. Nothing is much fun anymore |  |  |  |  |
| 1. I feel scared when I have to take a test |  |  |  |  |
| 1. I feel worried when I think someone is angry with me |  |  |  |  |
| 1. I worry about being away from my parents |  |  |  |  |
| 1. I get bothered by bad or silly thoughts of pictures in my mind |  |  |  |  |
| 1. I have trouble sleeping |  |  |  |  |
| 1. I worry that I will do badly at my school work |  |  |  |  |
| 1. I worry that something awful will happen to someone in my family |  |  |  |  |
| 1. I suddenly feel as if I can’t breathe when there is no reason for this |  |  |  |  |
| 1. I have problems with my appetite |  |  |  |  |
| 1. I have to keep checking that I have done things right (like the switch is off, or the door is locked). |  |  |  |  |
| 1. I feel scared if I have to sleep on my own |  |  |  |  |
| 1. I have trouble going to school in the mornings because I feel nervous or afraid |  |  |  |  |
| 1. I have no energy for things |  |  |  |  |
| 1. I worry I might look foolish |  |  |  |  |
| 1. I am tired a lot |  |  |  |  |
| 1. I worry that bad things will happen to me |  |  |  |  |
| 1. I can’t seem to get bad or silly thoughts out of my head |  |  |  |  |
| 1. When I have a problem, my heart beats really fast |  |  |  |  |
| 1. I cannot think clearly |  |  |  |  |
| 1. I suddenly start to tremble or shake when there is no reason for this |  |  |  |  |
| 1. I worry that something bad will happen to me |  |  |  |  |
| 1. When I have a problem, I feel shaky |  |  |  |  |
| 1. I feel worthless |  |  |  |  |
| 1. I worry about making mistakes |  |  |  |  |
| 1. I have to think of special thoughts (like numbers or words) to stop bad things from happening |  |  |  |  |
| 1. I worry what other people think of me |  |  |  |  |
| 1. I am afraid of being in crowded places (like shopping centres, the movies, buses, busy playgrounds) |  |  |  |  |
| 1. All of a sudden I feel really scared for no reason at all |  |  |  |  |
| 1. I worry about what is going to happen |  |  |  |  |
| 1. I suddenly become dizzy or faint when there is no reason for this |  |  |  |  |
| 1. I think about death |  |  |  |  |
| 1. I feel afraid if I have to talk in front of my class |  |  |  |  |
| 1. My heart suddenly starts to beat too quickly for no reason |  |  |  |  |
| 1. I feel like I don’t want to move |  |  |  |  |
| 1. I worry that I will suddenly get a scared feeling when there is nothing to be afraid of |  |  |  |  |
| 1. I have to do some things over and over again (like washing my hands, cleaning or putting things in a certain order) |  |  |  |  |
| 1. I feel afraid that I will make a fool of myself in front of people |  |  |  |  |
| 1. I have to do some things in just the right way to stop bad things from happening |  |  |  |  |
| 1. I worry when I go to bed at night |  |  |  |  |
| 1. I would feel scared if I had to stay away from home overnight |  |  |  |  |
| 1. I feel restless |  |  |  |  |