

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

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

### RCADS

**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 feel sad or empty .....  | Never | Sometimes | Often | Always |
| 3. When I have a problem, I get a funny feeling in my stomach .....   | Never | Sometimes | Often | Always |
| 4. I worry when I think I have done poorly at something .....   | Never | Sometimes | Often | Always |
| 5. I would feel afraid of being on my own at home   | Never | Sometimes | Often | Always |
| 6. Nothing is much fun anymore .....  | Never | Sometimes | Often | Always |
| 7. I feel scared when I have to take a test .....   | Never | Sometimes | Often | Always |
| 8. I feel worried when I think someone is angry with me .....   | Never | Sometimes | Often | Always |
| 9. I worry about being away from my parents .....   | Never | Sometimes | Often | Always |
| 10. I get bothered by bad or silly thoughts or pictures in my mind .....  | Never | Sometimes | Often | Always |
| 11. I have trouble sleeping .....   | Never | Sometimes | Often | Always |
| 12. I worry that I will do badly at my school work .  | Never | Sometimes | Often | Always |
| 13. I worry that something awful will happen to someone in my family .....                                      | Never | Sometimes | Often | Always |
| 14. I suddenly feel as if I can't breathe when there is no reason for this .....                                | Never | Sometimes | Often | Always |
| 15. I have problems with my appetite .....  | Never | Sometimes | Often | Always |
| 16. 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 |
| 17. I feel scared if I have to sleep on my own. ....  | Never | Sometimes | Often | Always |

18. I have trouble going to school in the mornings because I feel nervous or afraid . . . . .	Never	Sometimes	Often	Always
19. I have no energy for things . . . . .	Never	Sometimes	Often	Always
20. I worry I might look foolish . . . . .	Never	Sometimes	Often	Always
21. I am tired a lot . . . . .	Never	Sometimes	Often	Always
22. I worry that bad things will happen to me . . . . .	Never	Sometimes	Often	Always
23. I can't seem to get bad or silly thoughts out of my head. . . . .	Never	Sometimes	Often	Always
24. When I have a problem, my heart beats really fast . . . . .	Never	Sometimes	Often	Always
25. I cannot think clearly . . . . .	Never	Sometimes	Often	Always
26. I suddenly start to tremble or shake when there is no reason for this . . . . .	Never	Sometimes	Often	Always
27. I worry that something bad will happen to me . . . . .	Never	Sometimes	Often	Always
28. When I have a problem, I feel shaky . . . . .	Never	Sometimes	Often	Always
29. I feel worthless . . . . .	Never	Sometimes	Often	Always
30. I worry about making mistakes . . . . .	Never	Sometimes	Often	Always
31. I have to think of special thoughts (like numbers or words) to stop bad things from happening. . . . .	Never	Sometimes	Often	Always
32. I worry what other people think of me . . . . .	Never	Sometimes	Often	Always
33. I am afraid of being in crowded places (like shopping centers, the movies, buses, busy playgrounds) . . . . .	Never	Sometimes	Often	Always
34. All of a sudden I feel really scared for no reason at all . . . . .	Never	Sometimes	Often	Always
35. I worry about what is going to happen . . . . .	Never	Sometimes	Often	Always
36. I suddenly become dizzy or faint when there is no reason for this . . . . .	Never	Sometimes	Often	Always
37. I think about death . . . . .	Never	Sometimes	Often	Always
38. I feel afraid if I have to talk in front of my class . . . . .	Never	Sometimes	Often	Always

39. My heart suddenly starts to beat too quickly for no reason . . . . .	Never	Sometimes	Often	Always
40. I feel like I don't want to move . . . . .	Never	Sometimes	Often	Always
41. I worry that I will suddenly get a scared feeling when there is nothing to be afraid of . . . . .	Never	Sometimes	Often	Always
42. 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
43. I feel afraid that I will make a fool of myself in front of people . . . . .	Never	Sometimes	Often	Always
44. I have to do some things in just the right way to stop bad things from happening . . . . .	Never	Sometimes	Often	Always
45. I worry when I go to bed at night . . . . .	Never	Sometimes	Often	Always
46. I would feel scared if I had to stay away from home overnight . . . . .	Never	Sometimes	Often	Always
47. I feel restless . . . . .	Never	Sometimes	Often	Always