ASIC

Anxiety Sensitivity Index for Children (ASIC)

The ASIC is a self-report questionnaire that measures anxiety sensitivity in children. It identifies the intensity of the fear of bodily sensations associated with anxiety, which is useful for diagnosis, treatment planning or assessing progress during treatment.

Number of questions	18 questions
Estimated duration	10 minutes
Language	English
Original name	Anxiety Sensitivity Index for Children
Target audience	Children and preteens
Authors	Wendy K. Silverman, Wendy Fleisig, Brian Rabian, Robert A. Peterson (1991)
Category	Anxiety, Childhood

Preview of the 18 questions

I do not want other people to know when I feel afraid.

None | Some | A lot

When I cannot keep my mind on my schoolwork, I worry that I might be going crazy.

None | Some | A lot

It scares me when I feel shaky.

None | Some | A lot

It scares me when I feel like I am going to faint.

None | Some | A lot

It is important for me to stay in control of my feelings.

None | Some | A lot

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is scored on a scale from 0 to 2 (0 = never, 2 = often). The total score is the sum of the responses, with a higher score indicating greater anxiety sensitivity. Scoring can also be done by subscale (physical, social, cognitive).

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“Mentaal has truly simplified my online practice, thanks to automatic scoring and seamless questionnaire sending.”

 Basile R. - Clinical Psychologist