ECAP

Vera Behavioral Anxiety and Phobia Scale (ECAP)

The ECAP is a self-report scale for children and adolescents aged 8 to 17, used to identify fears and phobic anxiety. It explores both the overall intensity of fears and their behavioral impact, particularly through the avoidance of certain situations. The tool provides a total score as well as several clinically useful dimensions: phobic avoidance, self-image and sense of competence, interactions with the peer group, and fear of dangers threatening the physical integrity of the child or their parents. In practice, the ECAP can help the psychologist objectify anxious manifestations, pinpoint areas of vulnerability, and guide the clinical assessment or therapeutic follow-up.

Number of questions	76 questions
Estimated duration	20 minutes
Language	English
Original name	Vera Behavioral Anxiety and Phobia Scale
Target audience	Children aged 8-17
Authors	VERA Luis (1996)
Category	Phobias, Anxiety, Childhood

Scoring & interpretation

Each statement is scored on a 3-point scale: "almost never" = 1, "sometimes" = 2, "often" = 3. The overall score is the sum of the 76 items; a score of 124 or higher suggests a high intensity of fears. The scale also allows a phobic avoidance score to be calculated from 21 items, with an indicative cutoff of 32. Three factors can be identified: self-image and competence (27 items, cutoff 48), interactions with the peer group (14 items, cutoff 20), and fear of dangers to the physical integrity of the child or their parents (19 items, cutoff 29). Interpretation should be integrated into the clinical interview and the developmental context.