

Revised Children's Manifest Anxiety Scale (R-CMAS)

The R-CMAS (Revised Children's Manifest Anxiety Scale) is an anxiety assessment test for children and adolescents aged 6 to 19. Made up of 37 simple questions, it helps identify the levels of anxiety manifested in three areas: physiological anxiety, worry, and concentration. Easy to administer, this tool allows you to quickly assess anxiety symptoms to better tailor your intervention.

Language	English
Original name	Revised Children's Manifest Anxiety Scale
Category	Anxiety

Preview of the 5 questions

I have trouble making up my mind.

Yes No

I get nervous when things do not go the right way for me.

Yes No

Others seem to do things easier than I can.

Yes No

I like everyone I know.

Yes No

Often I have trouble getting my breath.

Yes No

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 ›

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

Go to the publisher's website ›

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- Results sent by email

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★★★★★

“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

 Laura V. - Online Psychologist