SADRS

Separation Anxiety Daily Rating Scale (SADRS)

The SADRS is a brief tool for the daily monitoring of separation anxiety in children and adolescents. It aims to quantify, day by day, the intensity of anxiety manifestations related to being away from attachment figures, as well as their impact in usual situations such as school, bedtime, being alone or unexpected separations. In clinical practice, it is mainly useful for symptom monitoring, identifying triggers, assessing treatment response and objectively documenting progress between sessions, particularly in CBT. It should be considered first and foremost as a daily severity monitoring scale rather than as a stand-alone diagnostic instrument.

Number of questions	8 questions
Estimated duration	5 minutes
Language	English
Original name	Separation Anxiety Daily Rating Scale
Target audience	Children/adolescents
Authors	Andrew R. Eisen, Wendy K. Silverman (1995)
Category	Childhood

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 rated according to the intensity or frequency of the symptom observed during the day. The total score is obtained by adding up the items, or by calculating a mean when monitoring is carried out over several days. A higher score indicates more marked separation anxiety. Interpretation is based mainly on within-person change over time and on the decrease in scores over the course of treatment, rather than on universal diagnostic cutoffs.

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With Mentaal, get meaningful insights to support your patients.

- Standardized tests
- Automatic scoring
- Results sent by email

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“Skeptical at first, I now can't do without this tool in my practice.”

 Elodie C. - CBT Psychologist