

Screen for Child Anxiety Related Emotional Disorders (SCARED)

The SCARED is a questionnaire completed by the parent to screen for anxiety symptoms in their child or adolescent. The parent rates their child's behavior over the past 3 months in order to identify different anxiety disorders: panic disorder, generalized anxiety, separation anxiety, social phobia, and anxiety-based school refusal.

Number of questions	41 questions
Estimated duration	10 minutes
Language	English
Original name	Screen for Child Anxiety Related Emotional Disorders
Target audience	Children & adolescents (ages 9 to 18)
Authors	Birmaher B., Khetarpal S., Cully M., Brent D., McKenzie S. (1997)
Category	Anxiety, Childhood

Preview of the 41 questions

When my child feels scared, they have trouble breathing.

Not true or almost never true | Somewhat true or sometimes true | Very true or often true

My child has headaches while at school.

Not true or almost never true | Somewhat true or sometimes true | Very true or often true

My child does not like being around people they don't know well.

Not true or almost never true | Somewhat true or sometimes true | Very true or often true

My child is afraid when they sleep somewhere other than home.

Not true or almost never true | Somewhat true or sometimes true | Very true or often true

My child worries that others don't like them.

Not true or almost never true | Somewhat true or sometimes true | Very true or often true

Scoring & interpretation

Each item is rated on a 3-point Likert scale: **0** (Not True or Hardly Ever True), **1** (Somewhat True or Sometimes True), and **2** (Very True or Often True). Adding up the scores yields a **total score** (0-82) and **five subscores** corresponding to the clinical dimensions assessed.

Total score

- **≥ 25**: possible presence of an anxiety disorder
- **≥ 30**: more specific indication of an anxiety disorder

Subscales and clinical cutoffs

- **Panic disorder / somatic symptoms** (13 items): cutoff ≥ 7
- **Generalized anxiety** (9 items): cutoff ≥ 9
- **Separation anxiety** (8 items): cutoff ≥ 5
- **Social phobia** (7 items): cutoff ≥ 8
- **Anxiety-based school refusal** (4 items): cutoff ≥ 3

A subscore that exceeds its cutoff points toward the corresponding disorder. These cutoffs are indicative and do not replace a clinical assessment: they serve to guide the interview and the diagnostic process.

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.