

Spence Children's Anxiety Scale (SCAS)

The SCAS is a self-report questionnaire that measures the extent of anxiety symptoms in children and adolescents according to DSM-IV criteria. This tool distinguishes between different anxiety disorders (panic disorder/agoraphobia, separation anxiety, social phobia, obsessive-compulsive disorder, generalized anxiety, specific phobia), which helps guide diagnosis and intervention.

Number of questions	45 questions
Estimated duration	10 minutes
Language	English
Original name	Spence Children's Anxiety Scale
Target audience	Children and adolescents
Authors	Susan H. Spence (1998)
Category	Anxiety, Childhood

Preview of the 45 questions

I worry about certain things

Never | Sometimes | Often | Always

I am afraid of the dark

Never | Sometimes | Often | Always

When I have a problem, I feel a strange sensation in my belly

Never | Sometimes | Often | Always

I feel scared

Never | Sometimes | Often | Always

I would be afraid to stay home alone

Never | Sometimes | Often | Always

Scoring & interpretation

Each question is rated on a scale from 0 (never) to 3 (always). Raw scores are added up to obtain a total anxiety score and partial scores for each subscale. High scores indicate a higher level of anxiety. Cutoff scores are available to assist clinical interpretation.

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.