SCI-SAS

Structured Clinical Interview for Separation Anxiety Symptoms (SCI-SAS)

The SCI-SAS is a structured clinical interview designed to assess separation anxiety symptoms, mainly in adults, with a retrospective exploration of manifestations during childhood and of symptoms in adulthood. It helps the psychologist or psychiatrist objectively document the presence, intensity and impact of symptoms related to separation from an attachment figure. This tool is particularly useful for identifying adult separation anxiety disorder, for differential diagnosis with anxiety disorders and for in-depth clinical assessment in specialized consultations.

Number of questions	16 questions
Estimated duration	20 minutes
Language	English
Original name	Structured Clinical Interview for Separation Anxiety Symptoms
Target audience	Adults
Authors	Jill M. Cyranowski, M. Katherine Shear et al. (2002)
Category	Emotional dependency, Anxiety

Preview of the 16 questions

When you were a child...

Did you ever feel bad or sad if you were separated from your mother? For example, when your mother had to go out or went on a trip, did you cry, beg her not to leave, throw tantrums, try to stop her or follow her? When you were away from home or from your mother, did you feel very bad or sad, or as if you had lost interest in everything that happened to you? In those cases, did you want to come home earlier than planned? Did you call your mother often?

Criterion: recurrent excessive distress when separation from home or from major attachment figures occurs or is anticipated.

? - Don't recall | 0 - Not at all | 1 - Sometimes | 2 - Often

When you were a child...

Were you ever afraid that something bad might happen to your mother, and afraid that you could lose her? (For example, did you fear that she would get sick, have an accident, or that something bad might happen to her?) Did you ever worry that your mother might go away and never come back? Did you ever worry that your mother might die?

Criterion: persistent and excessive worry about losing major attachment figures or about possible harm befalling them.

? - Don't recall | 0 - Not at all | 1 - Sometimes | 2 - Often

When you were a child...

Did you ever worry that something bad might happen to you that could separate you from your mother (such as getting lost, being kidnapped, having an accident or even being killed)?

Criterion: persistent and excessive worry that an untoward event will lead to separation from a major attachment figure (e.g., getting lost or being kidnapped).

? - Don't recall | 0 - Not at all | 1 - Sometimes | 2 - Often

When you were a child...

Did you ever have trouble going to school because you were afraid to leave home or wanted to stay home? Did you ever refuse to go to school so you could stay home with your mother? Did your parents ever have to force you to go to school? Did a family member ever have to stay with you during school hours?

Criterion: persistent reluctance or refusal to go to school or elsewhere because of fear of separation.

? - Don't recall | 0 - Not at all | 1 - Sometimes | 2 - Often

When you were a child...

Was it ever hard for you to be alone, even alone in a room while other people were in the house? Did you ever follow your mother or other people around the house so as not to be alone? Did your mother ever find you too "clingy"?

Criterion: persistent and excessive fear of or reluctance about being alone or without major attachment figures at home, or without significant adults in other settings.

? - Don't recall | 0 - Not at all | 1 - Sometimes | 2 - Often

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Scoring & interpretation

The interview is scored by the clinician. Each symptom is rated in the childhood and adulthood sections according to its presence and its clinical severity or frequency, then the scores are summed by section and overall. Higher scores indicate

more marked separation anxiety symptoms. Diagnostic interpretation is based on the number of significant symptoms, their duration, their functional impact and their consistency with the clinical criteria for separation anxiety disorder.

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 Romane L. - Online CBT Psychologist