SPT

School Phobia Test (SPT)

The Philipps School Phobia Test is designed to assess the presence and intensity of school phobia in children and adolescents. It makes it possible to identify school-related fears that can interfere with the child's ability to attend school and take part in academic activities.

Number of questions	58 questions
Estimated duration	20 minutes
Language	English
Original name	School Phobia Test
Target audience	Children and adolescents
Authors	Philipps (1992)
Category	Phobias

Preview of the 58 questions

Is it difficult for you to keep up with all the work in class?

Yes No

Are you worried when the teacher tells you they are going to check your knowledge of the subject?

Yes No

Is it difficult for you to work in class the way the teacher wants?

Yes No

Do you sometimes dream that the teacher is furious because you haven't learned the lesson?

Yes No

Has anyone in your class ever hit you?

Yes No

Scoring & interpretation

Each question is scored on a scale from 0 to 3, where 0 means “no fear” and 3 means “intense fear.” The scores are summed to obtain a total score, which is then compared with norms to determine the level of school phobia.