SCARED - Parent

Name:_____

Date of Birth: _____   Today's Date:_____

Please mark under the heading that best fits your child:	Not True or Hardly Ever True	Somewhat True or Sometimes True	Very True or Often True
1. When my child feels frightened, it is hard for him/her to breathe	☐	☐	☐
2. My child gets headaches when he/she is at school	☐	☐	☐
3. My child doesn't like to be with people he/she doesn't know well	☐	☐	☐
4. My child gets scared if he/she sleeps away from home	☐	☐	☐
5. My child worries about other people liking him/her	☐	☐	☐
6. When my child gets frightened, he/she feels like passing out	☐	☐	☐
7. My child is nervous	☐	☐	☐
8. My child follows me wherever I go	☐	☐	☐
9. People tell me that my child looks nervous	☐	☐	☐
10. My child feels nervous with people he/she doesn't know well	☐	☐	☐
11. My child gets stomachaches at school	☐	☐	☐
12. When my child gets frightened, he/she feels like he/she is going crazy	☐	☐	☐
13. My child worries about sleeping alone	☐	☐	☐
14. My child worries about being as good as other kids	☐	☐	☐
15. When my child gets frightened, he/she feels like things are not real	☐	☐	☐
16. My child has nightmares about something bad happening to his/her parents	☐	☐	☐
17. My child worries about going to school	☐	☐	☐
18. When my child gets frightened, his/her heart beats fast	☐	☐	☐
19. My child gets shaky	☐	☐	☐
20. My child has nightmares about something bad happening to him/her	☐	☐	☐

21. My child worries about things working out for him/her	☐	☐	☐
22. When my child gets frightened, he/she sweats a lot	☐	☐	☐
23. My child is a worrier	☐	☐	☐
24. My child gets really frightened for no reason at all	☐	☐	☐
25. My child is afraid to be alone in the house	☐	☐	☐
26. It is hard for my child to talk with people he/she doesn't know well	☐	☐	☐
27. When my child gets frightened, he/she feels like he/she is choking	☐	☐	☐
28. People tell me that my child worries too much	☐	☐	☐
29. My child doesn't like to be away from his/her family	☐	☐	☐
30. My child is afraid of having anxiety (or panic) attacks	☐	☐	☐
31. My child worries that something bad might happen to his/her parents	☐	☐	☐
32. My child feels shy with people he/she doesn't know well	☐	☐	☐
33. My child worries about what is going to happen in the future	☐	☐	☐
34. When my child gets frightened, he/she feels like throwing up	☐	☐	☐
35. My child worries about how well he/she does things	☐	☐	☐
36. My child is scared to go to school	☐	☐	☐
37. My child worries about things that have already happened	☐	☐	☐
38. When my child gets frightened, he/she feels dizzy	☐	☐	☐
39. My child feels nervous when he/she is with other children or adults and he/she has to do something while they watch him/her (for example: read aloud, speak, play a game, play a sport)	☐	☐	☐
40. My child feels nervous when he/she is going to parties, dances, or any place where there will be people that he/she doesn't know well	☐	☐	☐
41. My child is shy	☐	☐	☐