

SCREEN FOR CHILD ANXIETY RELATED DISORDERS (SCARD)  
CHILD VERSION

Patient Name: \_\_\_\_\_

Date: \_\_\_\_\_

Below is a list of sentences that describe how people feel. Read each phrase and decide if it's "Not true" or "Somewhat true" or "Often true" for you. Check one box for each statement that best describes you in the last month.

	Not true or hardly ever true	Somewhat true	Very true or often true	Office use
1. When I feel frightened it's hard to breathe.				PN
2. I get headaches when I'm at school.				SH
3. I don't like to be with people I don't know well.				SC
4. I get scared if I sleep away from home.				SP
5. I worry about other people liking me.				GD
6. When I get frightened, I feel like passing out.				PN
7. I am nervous.				GD
8. I follow my mother or father wherever they go.				SP
9. People tell me I look nervous.				PN
10. I feel nervous with people I don't know well.				SC
11. I get stomachaches at school.				SH
12. When I get frightened, I feel like I'm going crazy.				PN
13. I worry about sleeping alone.				SP
14. I worry about being as good as other kids.				GD
15. When I get frightened, I feel like things aren't real.				PN
16. I have nightmares about something bad happening to my parents.				SP
17. I worry about going to school.				SH
18. When I get frightened, my heart beats fast.				PN
19. I get shaky.				PN
20. I have nightmares about something bad happening to me.				SP
21. I worry about things working out for me.				GD
22. When I get frightened, I sweat a lot.				PN
23. I am a worrier.				GD
24. I get really frightened for no reason at all.				PN
25. I am afraid to be alone in the house.				SP
26. It's hard for me to talk to people I don't know well.				SC
27. When I get frightened, I feel like I'm are choking.				PN
28. People tell me I worry too much.				GD
29. I don't like to be away from my family.				SP
30. I am afraid of having anxiety (panic) attacks.				PN
31. I worry something bad might happen to my parents.				SP
32. I feel shy with people I don't know well.				SC
33. I worry about what's going to happen in the future.				GD
34. When I gets frightened, I throw up.				PN
35. I worry about how well I do things.				GD
36. I am scared to go to school.				SH
37. I worry about things that have already happened.				GD
38. When I get frightened, I feel dizzy.				PN
39. I feel nervous when I'm with other children or adults and have to do something while they watch me (e.g.: read out loud, play a game, speak).				SC
40. I feel nervous when I go to parties, dances, or places where there will be people I don't know well.				SC
41. I am shy.				SC

Please return the completed form to Cheryl Dasler, MD by fax (303-694-0754) or you can upload and email to [cdasler@blueskycpc.com](mailto:cdasler@blueskycpc.com).