

RCADS

Please put a circle around the word that shows how often each of these things happen to you. There are no right or wrong answers.

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|---|-------|-----------|-------|--------|
| 1. I worry about things | Never | Sometimes | Often | Always |
| 2. I feel sad or empty | Never | Sometimes | Often | Always |
| 3. When I have a problem, I get a funny feeling in my stomach | Never | Sometimes | Often | Always |
| 4. I worry when I think I have done poorly at something | Never | Sometimes | Often | Always |
| 5. I would feel afraid of being on my own at home | Never | Sometimes | Often | Always |
| 6. Nothing is much fun anymore | Never | Sometimes | Often | Always |
| 7. I feel scared when I have to take a test | Never | Sometimes | Often | Always |
| 8. I feel worried when I think someone is angry with me | Never | Sometimes | Often | Always |
| 9. I worry about being away from my parents | Never | Sometimes | Often | Always |
| 10. I get bothered by bad or silly thoughts or pictures in my mind | Never | Sometimes | Often | Always |
| 11. I have trouble sleeping | Never | Sometimes | Often | Always |
| 12. I worry that I will do badly at my school work . . | Never | Sometimes | Often | Always |
| 13. I worry that something awful will happen to someone in my family | Never | Sometimes | Often | Always |
| 14. I suddenly feel as if I can't breathe when there is no reason for this | Never | Sometimes | Often | Always |
| 15. I have problems with my appetite | Never | Sometimes | Often | Always |
| 16. I have to keep checking that I have done things right (like the switch is off, or the door is locked) | Never | Sometimes | Often | Always |
| 17. I feel scared if I have to sleep on my own. . . . | Never | Sometimes | Often | Always |
| 18. I have trouble going to school in the mornings because I feel nervous or afraid | Never | Sometimes | Often | Always |
| 19. I have no energy for things | Never | Sometimes | Often | Always |
| 20. I worry I might look foolish | Never | Sometimes | Often | Always |
| 21. I am tired a lot | Never | Sometimes | Often | Always |
| 22. I worry that bad things will happen to me | Never | Sometimes | Often | Always |

23. I can't seem to get bad or silly thoughts out of my head.	Never	Sometimes	Often	Always
24. When I have a problem, my heart beats really fast	Never	Sometimes	Often	Always
25. I cannot think clearly	Never	Sometimes	Often	Always
26. I suddenly start to tremble or shake when there is no reason for this	Never	Sometimes	Often	Always
27. I worry that something bad will happen to me	Never	Sometimes	Often	Always
28. When I have a problem, I feel shaky	Never	Sometimes	Often	Always
29. I feel worthless	Never	Sometimes	Often	Always
30. I worry about making mistakes	Never	Sometimes	Often	Always
31. I have to think of special thoughts (like numbers or words) to stop bad things from happening.	Never	Sometimes	Often	Always
32. I worry what other people think of me	Never	Sometimes	Often	Always
33. I am afraid of being in crowded places (like shopping centers, the movies, buses, busy playgrounds)	Never	Sometimes	Often	Always
34. All of a sudden I feel really scared for no reason at all	Never	Sometimes	Often	Always
35. I worry about what is going to happen	Never	Sometimes	Often	Always
36. I suddenly become dizzy or faint when there is no reason for this	Never	Sometimes	Often	Always
37. I think about death	Never	Sometimes	Often	Always
38. I feel afraid if I have to talk in front of my class	Never	Sometimes	Often	Always
39. My heart suddenly starts to beat too quickly for no reason	Never	Sometimes	Often	Always
40. I feel like I don't want to move	Never	Sometimes	Often	Always
41. I worry that I will suddenly get a scared feeling when there is nothing to be afraid of	Never	Sometimes	Often	Always
42. I have to do some things over and over again (like washing my hands, cleaning or putting things in a certain order)	Never	Sometimes	Often	Always
43. I feel afraid that I will make a fool of myself in front of people	Never	Sometimes	Often	Always
44. I have to do some things in just the right way to stop bad things from happening	Never	Sometimes	Often	Always
45. I worry when I go to bed at night	Never	Sometimes	Often	Always
46. I would feel scared if I had to stay away from home overnight	Never	Sometimes	Often	Always
47. I feel restless	Never	Sometimes	Often	Always