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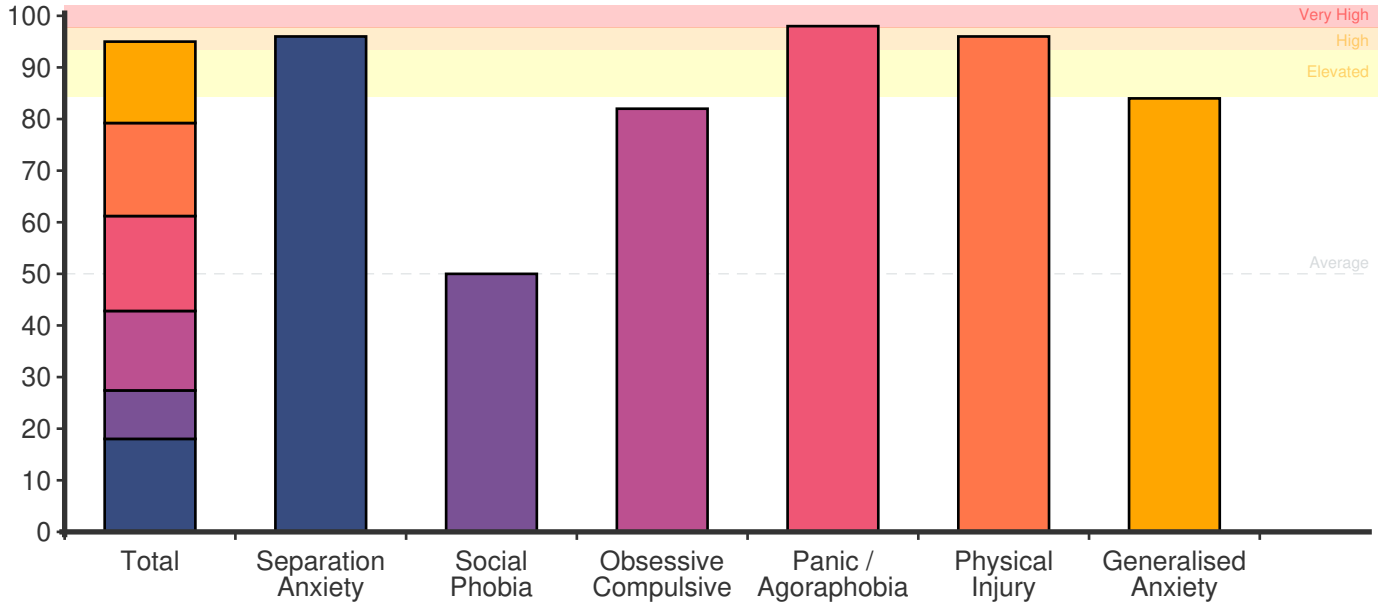
Spence Children's Anxiety Scale - Child (SCAS-Child)

Client Name	Generic Child	*Date administered*	10 Feb 2025
Date of birth (age)	1 Jan 2015 (10)	*Time taken*	1 min 6s
Assessor	Dr David Hegarty		

Results

	Raw Score	Percentile	Descriptor
Total	64	95	High
Separation Anxiety	12	96	High
Social Phobia	6	50	Normal
Obsessive Compulsive	9	82	Normal
Panic/Agoraphobia	18	> 98	Very High
Physical Injury	9	96	High
Generalised Anxiety	10	84	Normal

Percentiles for Subscales



Interpretation

The norms used to calculate percentiles and descriptors were for female children between 8 and 11 years of age.

Based upon these SCAS-Child scores, this client is in the very high range for Panic/Agoraphobia. The client is experiencing significant symptoms in this area and requires treatment. The following items contributed to the client's very high score in the Panic/Agoraphobia subscale:

- 21. I suddenly start to tremble or shake when there is no reason for this (Always)

- 32. All of a sudden I feel really scared for no reason at all (Always)

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Interpretation (cont.)

- 37. I worry that I will suddenly get a scared feeling when there is nothing to be afraid of (Always)
- 39. I am afraid of being in small closed places, like tunnels or small rooms (Always)
- 30. I am afraid of being in crowded places (like shopping centres, the movies, buses, busy playgrounds) (Often)

Furthermore, the client is in the high range for Separation Anxiety and Physical Injury. The client is in the normal range and is not experiencing significant symptoms for Social Phobia, Obsessive Compulsive and Generalised Anxiety.

Scoring and Interpretation Information

For comprehensive information on the SCAS-Child, see here.

SCAS-Child scores consist of a total raw score (range from 0 to 114) and six sub-scale scores, with higher scores indicating greater severity of anxiety symptoms. These scores are also converted into percentiles based on age and gender from a large normative sample (N = 4,916) reported by Spence (n.d.) and accessible on www.scaswebsite.com. A percentile score of 85 and above for any subscale score or the total SCAS score indicates elevated and clinically relevant anxiety symptoms.

Sub-scales are presented for the SCAS-Child:
- Separation anxiety (items 5, 8, 12, 15, 16, 44; range 0-18): Assesses a child's distress when separated from their primary caregivers or home environment. Includes fears about being alone, worry about harm befalling family members, and reluctance to go to school or sleep away from home.
- Social phobia (items 6, 7, 9, 10, 29, 35; range 0-18): Measures fear and avoidance of social situations, including performance anxiety and social evaluation concerns. This includes worries about speaking in class, meeting new people, and fear of embarrassment.
- Obsessive compulsive (items 14, 19, 27, 40, 41, 42; range 0-18): Evaluates repetitive thoughts, compulsive behaviours, and ritualistic actions. This includes checking behaviours, unwanted intrusive thoughts, and the need to do certain things in a particular way.
- Panic/agoraphobia (items 13, 21, 28, 30, 32, 34, 36, 37, 39; range 0-27): Assesses physical symptoms of anxiety and fear of public places or situations where escape might be difficult. This includes symptoms like heart racing, difficulty breathing, and fear of crowded places.
- Physical Injury (items 2, 18, 23, 25, 33; range 0-15): Measures specific fears related to physical harm or injury. This includes fears of doctors/dentists, fear of heights, darkness, and specific situations that might result in physical harm.
- Generalised anxiety (items 1, 3, 4, 20, 22, 24; range 0-18): Evaluates excessive worry about everyday matters, perfectionism, and general anxiety symptoms. This includes worrying about things in general, feeling nervous, and having trouble relaxing.

Items 11, 17, 26, 31, 38, 43, are positively worded filler items and are not scored in either the total score or the sub-scale scores, nor are items 45 and 46 which may elicit additional qualitative information.

A descriptor is determined that is based upon the percentiles:
- Normal: Percentile of 84 or less
- Elevated: Percentile of 85 or above and less than or equal to 93
- High: Percentile of 94 or above and less than or equal to 97.72

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Scoring and Interpretation Information (cont.)

- Very High: percentile of 97.73 or greater

On first administration a stacked bar graph is presented showing the percentiles for the total score and subscales with the descriptors in the background of the plot. If the scale is administered on multiple occasions a graph is produced to track symptoms over time for both the total and the subscale percentiles.

A reliable change score for the total score was determined by NovoPsych based upon 7,240 administrations of the SCAS-Child. The reliable change score was calculated as 14, meaning that if a client demonstrates a reduction of 14 points or more on the SCAS-Child total score then they have demonstrated significant improvement in their anxiety symptoms. Similarly, if they have demonstrated an increase of 14 points or more then this indicates a significant deterioration in their anxiety symptoms.

Client Responses

		Never	Sometimes	Often	Always
1	I worry about things	0	1	**2**	3
2	I am scared of the dark	0	**1**	2	3
3	When I have a problem, I get a funny feeling in my stomach	0	**1**	2	3
4	I feel afraid	0	1	**2**	3
5	I would feel afraid of being on my own at home	0	1	2	**3**
6	I feel scared when I have to take a test	0	**1**	2	3
7	I feel afraid if I have to use public toilets or bathrooms	**0**	1	2	3
8	I worry about being away from my parents	0	1	**2**	3
9	I feel afraid that I will make a fool of myself in front of people	0	1	**2**	3
10	I worry that I will do badly at my school work	0	**1**	2	3
11	I am popular amongst other kids my own age	0	**1**	2	3
12	I worry that something awful will happen to someone in my family	0	1	2	**3**

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Client Responses (cont.)

		Never	Sometimes	Often	Always
13	I suddenly feel as if I can't breathe when there is no reason for this	0	**1**	2	3
14	I have to keep checking that I have done things right (like the switch is off, or the door is locked)	**0**	1	2	3
15	I feel scared if I have to sleep on my own	0	1	**2**	3
16	I have trouble going to school in the mornings because I feel nervous or afraid	0	**1**	2	3
17	I am good at sports	0	1	2	**3**
18	I am scared of dogs	0	**1**	2	3
19	I can't seem to get bad or silly thoughts out of my head	0	1	**2**	3
20	When I have a problem, my heart beats really fast	0	1	**2**	3
21	I suddenly start to tremble or shake when there is no reason for this	0	1	2	**3**
22	I worry that something bad will happen to me	0	**1**	2	3
23	I am scared of going to the doctors or dentists	0	1	2	**3**
24	When I have a problem, I feel shaky	0	1	**2**	3
25	I am scared of being in high places or lifts (elevators)	0	**1**	2	3
26	I am a good person	0	1	**2**	3
27	I have to think of special thoughts to stop bad things from happening (like numbers or words)	0	1	**2**	3
28	I feel scared if I have to travel in the car, or on a bus or a train	0	**1**	2	3
29	I worry what other people think of me	0	1	**2**	3
30	I am afraid of being in crowded places (like shopping centres, the movies, buses, busy playgrounds)	0	1	**2**	3
31	I feel happy	0	1	2	**3**

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Client Responses (cont.)

		Never	Sometimes	Often	Always
32	All of a sudden I feel really scared for no reason at all	0	1	2	**3**
33	I am scared of insects or spiders	0	1	2	**3**
34	I suddenly become dizzy or faint when there is no reason for this	**0**	1	2	3
35	I feel afraid if I have to talk in front of my class	**0**	1	2	3
36	My heart suddenly starts to beat too quickly for no reason	0	1	**2**	3
37	I worry that I will suddenly get a scared feeling when there is nothing to be afraid of	0	1	2	**3**
38	I like myself	0	1	**2**	3
39	I am afraid of being in small closed places, like tunnels or small rooms	0	1	2	**3**
40	I have to do some things over and over again (like washing my hands, cleaning or putting things in a certain order)	0	1	2	**3**
41	I get bothered by bad or silly thoughts or pictures in my mind	0	**1**	2	3
42	I have to do some things in just the right way to stop bad things happening	0	**1**	2	3
43	I am proud of my school work	0	1	**2**	3
44	I would feel scared if I had to stay away from home overnight	0	**1**	2	3

45	Is there something else that you are really afraid of?	
	0 Yes	
	0 No	
46	If you are afraid of something else please write down what it is. How often are you afraid of this thing?	
	Monsters under the bed	