Spence Children's Anxiety Scale (SCAS)

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Overview

The Spence Children's Anxiety Scale (SCAS) assesses the severity of anxiety symptoms, broadly and across six dimensions of anxiety, as proposed by the DSM-IV. School-aged versions are available for caregivers/parents (e.g., ages 7-9, ages 10-13) and students (e.g., ages 8-11, ages 12-15). The Preschool Anxiety Scale (PAS) is available for children ages 3 through 6 years old (Parent PAS, Teacher PAS). The scale can be used to evaluate the impact of therapy on anxiety symptoms in children and adolescents.

Focus Area

Anxiety

Trauma

Reporter

Student

Caregiver

Educator

Purpose

Screening/Initial Evaluation

Progress Monitoring

Versions

Child SCAS, Student, 47 items (for ages 8-15)

Parent PAS, Caregiver, 35 items (for ages 3-6)

Parent SCAS, Caregiver, 42 items (for ages 7-13)

Teacher PAS, Educator, 22 items (for ages 3-6)

Subscales

Obsessive-compulsive

Social phobia/anxiety

Panic disorder/agoraphobia*

Separation anxiety

Physical injury fears

Generalized anxiety

*Only on Child and Parent SCAS

Sample Items

- My child worries that something bad will happen to him/her
- My child can't seem to get bad or silly thoughts out of his/her head
- My child is scared when s(he) has to take a test
- My child is scared of dogs
- My child is scared if s(he) has to sleep on his/her own

Response Options

Never   Not true at all

Sometimes   Seldom true

Often   Sometimes true

Always   Quite often true

             Very often true

Estimated Completion Time

Ten minutes

Languages

English

Spanish

Other

Cost

Free

Access the measures:

Child SCAS

Parent SCAS

Preschool Parent PAS   Preschool Teacher PAS

Summary compiled by CSMH (2017) for The SHAPE System (www.theSHAPEsystem.com)

Scoring

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	Spence Children's Anxiety Scale	
	Parent and Child SCAS	**Preschool Parent and Teacher PAS**
Possible range	0-114; 0-132	0-112; 0-88
Item scores	Never (0) to Always (3)	Not true at all (0) to Very often true (4)
Administration & scoring rules	To use the **Parent SCAS** for *screening and progress monitoring*: ➢ Sum all items to get a Total severity score ➢ To sum subscale scores, add the following items: ◆ Obsessive compulsive: 13,17,24,35,36,37 ◆ Social Phobia: 6,7,9,10,26,31 ◆ Panic attack and agoraphobia: 12,19,25,27,28,30,32,33,34 ◆ Separation anxiety: 5,8,11,14,15,38 ◆ Physical injury fears: 2,16,21,23,29 ◆ Generalized anxiety: 1,3,4,18,20,22 ➢ If additional anxiety is suspected, complete item 39 To use the **Child SCAS** for *screening and progress monitoring*: ➢ Sum all items (except items 11,17,26,31,38,43) to get a Total severity score ➢ To sum subscale scores, add the following items: ◆ Obsessive compulsive: 14,19,27,40,41,42 ◆ Social phobia: 6,7,9,10,29,35 ◆ Panic attack and agoraphobia: 13,21,28,30,32,34,36,37,39 ◆ Separation anxiety: 5,8,12,15,16,44 ◆ Physical injury fears: 2,18,23,25,33 Generalized anxiety: 1,3,4,20,22,24 ➢ If additional anxiety is suspected, complete item 45	To use the **Parent PAS** for *screening and progress monitoring*: ➢ Sum items 1-28 to get a Total severity score ➢ To sum subscale scores, add the following items: ◆ Obsessive compulsive: 3,9,18,21,27 ◆ Social anxiety: 2,5,11,15,19,23 ◆ Separation anxiety: 6,12,16,22,25 ◆ Physical injury fears: 7,10,13,17,20,24,26 ◆ Generalized anxiety: 1,4,8,14,28 ➢ If traumatic exposure is suspected, complete items 29-34 To use the **Teacher PAS** for *screening and progress monitoring*: ➢ Sum all items to get a Total severity score ➢ To sum subscale scores, add the following items: ◆ Obsessive compulsive: 3,8,14,17,20 ◆ Social anxiety: 6,9,12,15,19 ◆ Separation anxiety: 1,4,10,13,18,22 ◆ Physical injury fears: 7,16 ◆ Generalized anxiety: 2,5,11,21

Interpretation	T-scores are used for interpretation to indicate the severity of the youth's symptoms compared to peers in the same age and gender groups. A T-score of 60 or above indicates the youth may be at elevated risk for developing significant clinical anxiety. Each respective worksheet offers instructions on how to turn raw scores into T-scores to allow for standardized interpretation Parent SCAS T-score worksheets: Boys (7-9) Boys (10-13) Girls (7-9) Girls (10-13) Child SCAS T-score worksheets: Boys (8-11) Boys (12-15) Girls (8-11) Girls (12-15) Parent PAS T-score worksheet: Boys and girls (3-6) Teacher PAS: Currently there are no norms for this measure. Thus, the primary use for this measure should be in research or when use does not require norms. For example, it could be used for measuring severity within an individual and monitoring individual change over time, but not compared to peers.

Additional administration and scoring instruction from the SCAS developer

Access all versions (including other languages) of the SCAS and PAS