

Oxford CBT
**Revised Children's Anxiety and
 Depression Scale**

Patient Name

Date

RCADS. Children.

Please tick the box of the word that shows how often each of these things happens for you. There are no right or wrong answers.

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

RCADS. Children.

Please tick the box of the word that shows how often each of these things happens for your child.

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