

## Mood & Feeling Questionnaire - Child (Age 8 & up)

Patient \_\_\_\_\_ DOB \_\_\_\_\_ Date \_\_\_\_\_  
 Location \_\_\_\_\_ Provider \_\_\_\_\_

**Read to children ages 8 - 12; teens may fill out on their own.**

How often do you feel this way in the last two weeks?	Not True	Sometimes True	Always True
1 I felt miserable or unhappy	0	1	2
2 I didn't enjoy anything at all	0	1	2
3 I was less hungry than usual	0	1	2
4 I ate more than usual	0	1	2
5 I felt too tired; I just sat around and did nothing	0	1	2
6 I was moving and walking more slowly than usual	0	1	2
7 I was very restless	0	1	2
8 I felt I was no good anymore	0	1	2
9 I blamed myself for things that weren't my fault	0	1	2
10 it was hard for me to make up my mind	0	1	2
11 I felt grumpy and cross with my parents	0	1	2
12 I felt like talking less than usual	0	1	2
13 I was talking more slowly than usual	0	1	2
14 I cried a lot	0	1	2
15 I thought there was nothing good for me in the future	0	1	2
16 I thought that life wasn't worth living	0	1	2
17 I thought about death or dying	0	1	2
18 I thought my family would be better off without me	0	1	2
19 I thought about killing myself	0	1	2
20 I didn't want to see my friends	0	1	2
21 I found it hard to think properly or concentrate	0	1	2
22 I thought bad things would happen to me	0	1	2
23 I hated myself	0	1	2
24 I felt I was a bad person	0	1	2
25 I thought I looked ugly	0	1	2
26 I worried about aches and pains	0	1	2
27 I felt lonely	0	1	2
28 I thought nobody really loved me	0	1	2
29 I didn't have any fun at school	0	1	2
30 I thought I could never be as good as other kids	0	1	2
31 I felt I did everything wrong	0	1	2
32 I didn't sleep as well as I usually sleep	0	1	2
33 I slept a lot more than usual	0	1	2
<b>TOTAL SCORE:</b>			

## Self-Report for Childhood Anxiety Related Disorders (SCARED)

Patient \_\_\_\_\_ DOB \_\_\_\_\_ Date \_\_\_\_\_  
 Location \_\_\_\_\_ Provider \_\_\_\_\_

Below is a list of statements that describe how people feel. Tell us how each statement describes you over the last 3 months: not at all, sometimes, or very much. (Read items to reading impaired)		0 Not true or hardly ever true	1 Somewhat true or Sometimes true	2 Very true or Often true
1	When I feel frightened, it is hard to breathe	0	1	2
2	I get headaches when I am at school	0	1	2
3	I don't like to be with people I don't know well	0	1	2
4	I get scared if I sleep away from home	0	1	2
5	I worry about other people liking me	0	1	2
6	when I get frightened, I feel like passing out	0	1	2
7	I am nervous	0	1	2
8	I follow my mother or father wherever they go	0	1	2
9	people tell me that I look nervous	0	1	2
10	I feel nervous with people I don't know well	0	1	2
11	I get stomachaches at school	0	1	2
12	when I get frightened, I feel like I am going crazy	0	1	2
13	I worry about sleeping alone	0	1	2
14	I worry about being as good as other kids	0	1	2
15	when I get frightened, I feel like things are not real	0	1	2
16	I have nightmares about something bad happening to my parents	0	1	2
17	I worry about going to school	0	1	2
18	when I get frightened, my heart beats fast	0	1	2
19	I get shaky	0	1	2
20	I have nightmares about something bad happening to me	0	1	2
21	I worry about things working out for me	0	1	2
22	when I get frightened, I sweat a lot	0	1	2
23	I am a worrier	0	1	2
24	I get really frightened for no reason at all	0	1	2
25	I am afraid to be alone in the house	0	1	2
26	it is hard for me to talk with people I don't know well	0	1	2
27	when I get frightened, I feel like I am choking	0	1	2
28	People tell me that I worry too much	0	1	2
29	I don't like to be away from my family	0	1	2
30	I am afraid of having anxiety (or panic) attacks	0	1	2
31	I worry that something bad might happen to my parents	0	1	2
32	I feel shy with people I don't know well	0	1	2
33	I worry about what is going to happen in the future	0	1	2
34	when I get frightened, I feel like throwing up	0	1	2
35	I worry about how well I do things	0	1	2
36	I am scared to go to school	0	1	2
37	I worry about things that have already happened	0	1	2
38	when I get frightened, I feel dizzy	0	1	2
39	I feel nervous when I am with other children or adults and I have to do something while they watch me (for example: read aloud, speak, play a game, play a sport)	0	1	2
40	I feel nervous when I am going to parties, dances, or any place where there will be people that I don't know well	0	1	2
41	I am shy	0	1	2
<b>TOTAL SCORE:</b>				