

Anxiety Measures

Spence Children's Anxiety scale is a psychological questionnaire designed to identify symptoms of anxiety in children and young people aged 8 – 15. Answers are scored and then interpreted. The test takes around 10 minutes to complete and is available in various languages.

[SCAS CHILD – Overview - The Spence Children's Anxiety Scale \(scaswebsite.com\)](#)

The Strengths and Difficulties Questionnaire (SDQ) is a brief behavioural screening questionnaire about 3-16 year olds, giving information on 1) emotional symptoms, 2) conduct problems, 3) hyperactivity/inattention, 4) peer relationship problems, 5) prosocial behaviour. It can be used as a pre and post intervention measure and is available in various languages. Information on scoring along with the questionnaires can be found at the website below.

[The Strengths and Difficulties Questionnaire \(SDQ\) \(sdqinfo.org\)](#)

Scaling anxiety 5 Point Scale; this is both an assessment measure and an intervention. The 5-point scale can be used for young people of any age and is a tool to both assess current feelings of anxiety and to assist with developing coping strategies. Resources are free to download from here.

[THE INCREDIBLE 5-POINT SCALE - HOME \(5pointscale.com\)](#)

Revised Children's Anxiety and Depression Scale (and Subscales; RCADS) is a 47-item, youth self-report questionnaire with subscales including: separation anxiety disorder, social phobia, generalized anxiety disorder, panic disorder, obsessive compulsive disorder, and low mood (major depressive disorder). It also yields a Total Anxiety Scale and includes a parent version that assesses parent report of youth's symptoms of anxiety and depression across the same six subscales.

[Revised Children's Anxiety and Depression Scale - User's Guide \(childfirst.ucla.edu\)](#)

Sensory audit Anxiety can be increased by sensory stimuli not normally noticed by others. With some children and young people, sensory stimuli may be one of the main sources of their anxiety and as such, it may be useful to assess their sensitivity to various sensory stimuli. An audit form can be downloaded from the Autism Education Trust website here:

[Sensory Audit for Schools and Classrooms - National Autism Standards \(education.gov.scot\)](#)

The Core (Child Outcome Research Consortium) group website has a range of other assessment measures which practitioners may find useful, including Kearney's School Refusal Assessment Scale [School Refusal Assessment Scale-Revised \(schoolavoidance.org\)](#)

Scores are added and compared to standardised values to give a measure of anxiety. It can be used pre and post intervention.

The Healthy Minds survey can be used to identify the strengths and needs of the individual school community, followed by the Healthy Minds action plan. [The Healthy Minds Network \(healthymindsnetwork.org\)](#)



Stirling children's well-being scale: This is a holistic, positively worded scale, developed by the Stirling Educational Psychology Service, that is suitable for educational professionals looking to measure emotional and psychological well-being in children aged eight to 16 years.

[The Stirling Children's Wellbeing Scale \(app.mhpss.net\)](http://app.mhpss.net)

The shorter version, which has seven questions, can be found at WEMWBS Anna Freud Resources.

PASS software: A number of schools nationally and organisations internationally have used the Pupil Attitudes to Self and School (PASS) software to assess all pupils' well-being, discover hidden barriers to learning and plan interventions. It takes 20 minutes for the CYP to complete and is an online resource producing results which are colour-coded using a simple traffic light system.

[The Pupil Attitudes to Self and School \(PASS\) - Child Outcomes Research Consortium \(corc.uk.net\)](http://corc.uk.net)

Adapted from Sheffield EPS EBSA guidance

Anxiety Management

Starving the Anxiety Gremlin: A Cognitive Behavioural Therapy Workbook on Anxiety Management for Young People by Kate Collins-Donnelly

What to Do When You Worry Too Much: A Kid's Guide to Overcoming Anxiety by Dawn Heubner

Dan Siegal's hand model of the brain [Dan Siegel - "Flipping Your Lid:" A Scientific Explanation \(youtube.com\)](https://www.youtube.com/watch?v=...)

Young Minds [Anxiety - Young Minds \(youngminds.org.uk\)](http://youngminds.org.uk)

Anna Freud Centre [7 ways to support children and young people who are worried - Anna Freud Centre](https://www.annafreudcentre.org.uk/7-ways-to-support-children-and-young-people-who-are-worried)

Apps – Think Ninja is a mental health app designed for 10 to 18 year-olds [Self Help Resources \(nhs.uk\)](https://www.nhs.uk/health-apps/think-ninja)

Self help guide to living with worry during the pandemic but also useful for anxiety in general – older secondary age and adults [Living With Worry And Anxiety Amidst Global Uncertainty \(psychologytools.com\)](https://www.psychologytools.com/living-with-worry-and-anxiety-amidst-global-uncertainty)

Mighty Moe by Lacey Woloshyn [Mighty Moe - An Anxiety Workbook for Children - Lacy Woloshyn](https://www.mightymoe.com/)

Worksheets for anxiety – Anxiety BC [Anxiety Canada | MAPS](https://www.anxietybc.com/resources/worksheets)

Anxiety self help guide – Mood Juice [Student Wellness Hub - McGill University](https://www.moodjuice.ca/student-wellness-hub)

Cognitive Behavioural Therapy Skills Training Workbook – Hertfordshire Partnership NHS [Cognitive Behavioural Therapy \(CBT\) Skills Workbook - Hertfordshire Partnership University NHS Foundation Trust](https://www.hertfordshirepartnershipnhs.uk/cognitive-behavioural-therapy-cbt-skills-workbook)

Anxiety by Paul Stallard -Examples of activities [Materials and worksheets - Anxiety by Paul Stallard](https://www.paulstallard.com/materials-and-worksheets)



Understanding anxiety and panic attacks Mind [What is a panic attack? - Mind](#)

The Anxious Child: A booklet for parents and carers wanting to know more about anxiety in children and young people. [The Anxious Child | Mental Health Foundation](#)

Helping your Child with their Fear and Worries – a self-help guide for parents by Cathy Creswell and Lucy Willetts [Helping your Child with Fears and Worries by Cathy Creswell and Lucy Willetts - Anxiety UK](#)

Thinking Anxiety – Learning to Face Fear – a Ted Talk by Dawn Huebner – a useful Ted Talk for parents and school staff [Rethinking anxiety: Learning to face fear | Dawn Huebner | YouTube](#)

Links from Brighton and Hove EBSA guidance