

# RCADS Scoring Worksheet

Major Depression	Never	Sometimes	Often	Always
2. I feel sad or empty.	0	1	2	3
6. Nothing is much fun anymore.	0	1	2	3
11. I have trouble sleeping.	0	1	2	3
15. I have problems with my appetite.	0	1	2	3
19. I have no energy for things.	0	1	2	3
21. I am tired a lot.	0	1	2	3
25. I cannot think clearly.	0	1	2	3
29. I feel worthless.	0	1	2	3
40. I feel like I don't want to move.	0	1	2	3
47. I feel restless.	0	1	2	3
<b>Total Raw Score =</b>				

Generalized Anxiety	Never	Sometimes	Often	Always
1. I worry about things.	0	1	2	3
13. I worry that something awful will happen to someone in my family.	0	1	2	3
22. I worry that bad things will happen to me.	0	1	2	3
27. I worry that something bad will happen to me.	0	1	2	3
35. I worry about what is going to happen.	0	1	2	3
37. I think about death.	0	1	2	3
<b>Total Raw Score =</b>				

Obsessive Compulsive	Never	Sometimes	Often	Always
10. I get bothered by bad or silly thoughts or pictures in my mind.	0	1	2	3
16. I have to keep checking that I have done things right.	0	1	2	3
23. I can't seem to get bad or silly thoughts out of my head.	0	1	2	3
31. I have to think of special thoughts (like numbers or words) to stop bad things from happening.	0	1	2	3
42. I have to do some things over and over again.	0	1	2	3
44. I have to do some things in just the right way to stop bad things from happening.	0	1	2	3
<b>Total Raw Score =</b>				

Panic Disorder	Never	Sometimes	Often	Always
3. When I have a problem I get a funny feeling in my stomach.	0	1	2	3
14. I suddenly feel as if I can't breathe when there is no reason for this.	0	1	2	3
24. When I have a problem my heart beats really fast.	0	1	2	3
26. I suddenly start to tremble or shake when there is no reason for this.	0	1	2	3
28. When I have a problem I feel shaky.	0	1	2	3
34. All of a sudden I feel really scared for no reason at all.	0	1	2	3



36. I suddenly become dizzy or faint when there is no reason for this.	0	1	2	3
39. My heart suddenly starts to beat too quickly for no reason.	0	1	2	3
41. I worry that I will suddenly get a scared feeling when there is nothing to be afraid of.	0	1	2	3

**Total Raw Score =**

**Separation Anxiety**

	Never	Sometimes	Often	Always
5. I would feel afraid of being on my own at home.	0	1	2	3
9. I worry about being away from my parents.	0	1	2	3
17. I feel scared if I have to sleep on my own.	0	1	2	3
18. I have trouble going to school in the mornings because I feel nervous or afraid.	0	1	2	3
33. I am afraid of being in crowded places	0	1	2	3
45. I worry when I go to bed at night.	0	1	2	3
46. I would feel scared if I had to stay away from home overnight.	0	1	2	3

**Total Raw Score =**

**Social Phobia**

	Never	Sometimes	Often	Always
4. I worry when I think I have done poorly at something.	0	1	2	3
7. I feel scared when I have to take a test.	0	1	2	3
8. I feel worried when I think someone is angry with me.	0	1	2	3
12. I worry that I will do badly at my school work.	0	1	2	3
20. I worry I might look foolish.	0	1	2	3
30. I worry about making mistakes.	0	1	2	3
32. I worry what other people think of me.	0	1	2	3
38. I feel afraid if I have to talk in front of my class.	0	1	2	3
43. I feel afraid that I will make a fool of myself in front of people.	0	1	2	3

**Total Raw Score =**



# RCADS Scoring Worksheet

Transfer each total raw score to the table below. Use the norm tables to convert the raw score to a T-score. (You will need the gender and grade of the child.) **NOTE: T-scores of 65 through 69 indicate scores at the borderline threshold. T-scores of 70 or higher indicate scores above the clinical threshold.**

Scale	Raw score	T-score
1. Major Depression		
2. Generalized Anxiety		
3. Obsessive Compulsive		
4. Panic Disorder		
5. Separation Anxiety		
6. Social Phobia		
<b>DO NOT ADD THE ABOVE T SCORES</b>		
<b>Total Anxiety (sum subscale RAW SCORES from 2-6, NOT #1)</b>		
<b>Total Anxiety &amp; Depression (sum all subscales RAW SCORES, 1-6)</b>		

<b>Total Anxiety (convert Total Anxiety raw score to Total Anxiety T-score *)</b>	<b>T=</b>
<b>Total Anxiety &amp; Depression (convert Total Anxiety &amp; Depression raw score to Total Anxiety &amp; Depression T-score*)</b>	<b>T=</b>

\*Use appropriate table based on client grade level;

Appendix C: RCADS T-Scores Conversion Tables (Total Scores) Boys & Girls Grades 3-8

OR

Appendix C: RCADS T-Scores Conversion Tables (Total Scores) Boys & Girls Grades 9-12