Smart Paediatrics

Anxiety Scale for Children – Autism Spectrum Disorder – Parent version (ASC-ASD -P) ©
Jacqui Rodgers, Sarah Wigham, Helen McConachie, Mark Freeston, Emma Honey, Jeremy Parr
Newcastle University, Newcastle UK

Name of child:_____   **Age of Child (years/months):**_____

Date:_____   **Relationship to Child:**_____

Please put a circle around the word that shows how often each of these things happens for your child.

1. My child suddenly gets a scared feeling when there is nothing to be afraid of	Never	Sometimes	Often	Always
2. My child worries what other people think of him/her e.g. that he/ she is different	Never	Sometimes	Often	Always
3. My child's heart suddenly starts to beat too quickly for no reason	Never	Sometimes	Often	Always
4. My child feels scared when taking a test in case they make a mistake or don't understand the questions	Never	Sometimes	Often	Always
5. My child worries that people will bump into him/ her or touch him/ her in busy or crowded environments	Never	Sometimes	Often	Always
6. My child is afraid of being in crowded places (like shopping centres, the movies, buses, busy playgrounds) in case he/ she is separated from his/ her family	Never	Sometimes	Often	Always
7. My child worries about doing badly at school work	Never	Sometimes	Often	Always

8. My child suddenly feels so anxious he/ she feels as if he/she can't breathe when there is no reason for this	Never	Sometimes	Often	Always
9. My child is afraid of new things, or new people or new places	Never	Sometimes	Often	Always
10. My child is afraid of entering a room full of people	Never	Sometimes	Often	Always
11. My child worries when in bed at night because he/ she does not like to be away from his her parents/ family	Never	Sometimes	Often	Always
12. When my child has a problem, he/she feels shaky	Never	Sometimes	Often	Always
13. My child suddenly starts to tremble or shake when there is no reason for this	Never	Sometimes	Often	Always
14. Feeling unsure stops my child from doing most things	Never	Sometimes	Often	Always
15. My child worries when he/she thinks he/she has done poorly at something in case people judge him/ her negatively	Never	Sometimes	Often	Always
16. My child always needs to be prepared before things happen	Never	Sometimes	Often	Always
17. My child feels afraid that he/she will make a fool of him/herself in front of people	Never	Sometimes	Often	Always
18. My child worries about being away from me	Never	Sometimes	Often	Always
19. My child worries that something awful will happen to someone in the family	Never	Sometimes	Often	Always
20. My child feels scared to be away from home because his/ her parents are familiar with his/ her bedtime routine	Never	Sometimes	Often	Always

21. My child worries about being in certain places because it might be too loud, or too bright or too busy	Never	Sometimes	Often	Always
22. My child suddenly becomes dizzy or faint when there is no reason for this	Never	Sometimes	Often	Always
23. My child worries if they don't know what will happen next e.g. if plans change	Never	Sometimes	Often	Always
24. My child worries that something bad will happen to him/her	Never	Sometimes	Often	Always