

# Childhood Anxiety Symptoms Checklist

<b>Name:</b>	<b>Date:</b>
--------------	--------------

## Instructions

1. Read each statement and consider how it applies to the child in question over the last two weeks.
2. Mark the box that best describes the frequency of each symptom: "Never" (the symptom does not occur), "Sometimes" (the symptom happens occasionally), "Often" (the symptom happens frequently), "Always" (the symptom happens almost all the time).
3. After completing the checklist, review the responses. A high number of symptoms marked as "Often" or "Always" could suggest the presence of an anxiety disorder, but this is not a definitive diagnosis.

Symptoms	Never	Sometimes	Often	Always
1. Excessive worry or fear about various things (e.g., school, health, or safety).				
2. Trouble sleeping, or nightmares.				
3. Avoids certain situations or activities due to fear.				
4. Experiences physical symptoms such as stomachaches or headaches.				
5. Is very clingy or has trouble being away from parents.				
6. Has trouble concentrating.				
7. Is easily startled.				
8. Has a strong need for reassurance.				
9. Has an excessive fear of making mistakes or not being perfect.				
10. Experiences fears about social situations or interactions with peers.				
11. Experiences rapid heart rate or palpitations.				
12. Expresses feelings of impending doom or danger.				
13. Shows irritability or restlessness.				
14. Sweating or trembling without apparent cause.				
15. Demonstrates difficulty controlling worry.				
16. Has irrational fears (phobias).				
17. Engages in compulsive behavior (in the case of OCD).				
18. Experiences panic attacks.				
19. Complains of feeling tired or weak.				
20. Displays a reluctance or refusal to go to school.				

**Total score:**

### Scoring interpretation

Never = **0 point**

Often = **2 points**

Sometimes = **1 point**

Always = **3 points**

After assigning points to all responses, you can add the total score. A higher score indicates more frequent or severe symptoms of anxiety.

However, it's essential to note that no definitive cut-off score can diagnose an anxiety disorder. Some children might experience many of these symptoms but still not meet the criteria for an anxiety disorder. In contrast, others might have fewer but more severe symptoms and do meet the criteria.

If the child's score is high or you have any concerns, it's strongly recommended to seek professional help. A mental health professional can perform a more comprehensive evaluation, considering the child's overall behavior, life circumstances, and other important factors, to make a diagnosis if necessary and suggest suitable treatment options.