

School Anxiety Scale – Teacher Report (SAS-TR)

Scoring Template

Teacher's name:	Date:
Child's name:	Grade:

For each question record the value of the response in the clear box.

Not at all	Sometimes	Often	A great deal
0	1	2	3

Sum the columns to establish the subscale scores. Finally sum the two subscale scores to obtain a total score.

	Social Anxiety	Generalised Anxiety
1. This child is afraid of asking questions in class		
2. This child speaks only when someone asks a question of them		
3. This child worries what other people think of him/her		
4. This child does not volunteer answers or comments during class		
5. This child is afraid of making mistakes		
6. This child hates being the centre of attention		
7. This child hesitates in starting tasks or asks whether they understood the task before starting		
8. This child worries about things		
9. This child worries that (s)he will do badly at school		
10. This child worries that something bad will happen to him/her		
11. This child seems very shy		
12. This child complains of headaches, stomach aches or feeling sick		
13. This child feels afraid when (s)he has to talk in front of the class		
14. This child hesitates to speak when in group situations		
15. When this child has a problem, (s)he feels shaky		
16. This child appears nervous when approached by other children or adults		

Subscale Scores

TOTAL SCORE (add subscale scores)

Clinical Cut-offs	Non Clinical ≤82 nd %ile T = 1 to 59	Borderline 83 rd – 89 th %ile T = 60 to 62	Clinical 90 th – 97 th %ile T = 63 to 69	Extreme 98 th – 99 th %ile T = 70 to 100
Social Anxiety	0-8	9-10	11-13	14-21
Generalised Anxiety	0-10	11-12	13-15	16-27
Total Score	0-18	19-21	22-27	28-48