

Preschool Anxiety Scale Revised (PASR)

Child's name:	Date:
Your name:	Your relationship to child:

NOTE: Below is a list of items that describe children. For each item please circle the response that best describes your child. Use the scale below from not at all true to very often true. Please answer all the items as well as you can, even if some do not seem to apply to your child.

	Not at all true 0	Seldom true 1	Sometimes true 2	Quite often true 3	Very often true 4
	Not at all	Seldom true	Some times	Quite often	Very often
1. Has difficulty stopping him/herself from worrying	0	1	2	3	4
2. Worries that s/he will do something to look stupid in front of other people	0	1	2	3	4
3. Is afraid of doctors and/or dentists	0	1	2	3	4
4. Is scared to ask an adult for help (e.g. a preschool or school teacher)	0	1	2	3	4
5. Would be upset at sleeping away from home	0	1	2	3	4
6. Is scared to heights (i.e. high places)	0	1	2	3	4
7. Is afraid of meeting or talking to unfamiliar people	0	1	2	3	4
8. Worries that something bad will happen to his/her parents	0	1	2	3	4
9. Is scared of thunderstorms	0	1	2	3	4
10. Is afraid of talking in front of the class/preschool group (e.g. show and tell)	0	1	2	3	4
11. Worries that something bad might happen to him/her (e.g. getting lost or kidnapped), so he/she won't be able to see you again	0	1	2	3	4
12. Is nervous of going swimming	0	1	2	3	4
13. Worries that s/he will do something embarrassing in front of other people	0	1	2	3	4
14. Is afraid of insect and/or spiders	0	1	2	3	4
15. Becomes distressed about your leaving him/her at preschool or with a babysitter	0	1	2	3	4

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	Not at all	Seldom true	Some times	Quite often	Very Often
16. Is afraid to go up to a group of children to join their activities	0	1	2	3	4
17. Is frightened of dogs	0	1	2	3	4
18. Has nightmares	0	1	2	3	4
19. Worries about doing the right thing	0	1	2	3	4
20. Is afraid of the dark	0	1	2	3	4
21. Asks for reassurance when it doesn't seem necessary	0	1	2	3	4
22. Is wary of large animals	0	1	2	3	4
23. Acts shy and quiet around new people	0	1	2	3	4
24. Seems nervous in new or unusual situations	0	1	2	3	4
25. Gets upset if she/he makes a mistake	0	1	2	3	4
26. Becomes distressed if separated from parents	0	1	2	3	4
27. Gets upset if something unexpected happens	0	1	2	3	4
28. Is afraid of loud noises	0	1	2	3	4