



## The Macquarie Anxiety Behavioural Scale (MABS)

### Information about the MABS

The MABS is a new parent measure that assesses anxiety in children and adolescents including young people with Autism Spectrum Disorder (ASD). The MABS consists of 23 anxiety related questions covering Separation Anxiety, Social Anxiety, Generalised Anxiety, Panic and Specific Phobia. The proposed factor structure produced a reasonably good fit for the data. Assessment of measurement invariance of the newly developed MABS indicated that 18 of the 23 items functioned similarly across parents of children with ASD versus children without ASD, that is, parents of children with and without ASD responded similarly to these 18 items. These items can therefore be considered suitable items to assess anxiety in children and adolescents irrespective of presence or absence of ASD.

### Administration

On the following page is a list of items that describe anxious behaviours that may be observed in children and adolescents. For each item please select the response that best describes how often each of the behaviours occurred **during the past 3 months**.

If you come across a situation that your child has not experienced in the past 3 months, we ask that you imagine "what if your child were faced with that situation", and then indicate how often the behaviour would occur.

*Please note: If your child has a developmental delay or autism spectrum disorder and is not able to show a particular behaviour select 'Never'. For example: 'My child spoke a lot faster than usual, whispered, mumbled or paused during conversations' – indicate 'Never' if your child does not have sufficient verbal skills to maintain a conversation.*

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		Never	Rarely	Sometimes	Most of the time	All of the time
1.	My child took more care than other children to avoid making mistakes or getting in trouble (e.g. checked or redid homework, left home early to get to school, made sure rules were followed)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2.	My child told me s/he felt s/he was going crazy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3.	My child was unable to sleep on his/her own	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4.	My child either became distressed by or avoided performing (e.g. avoided sports, music, dance or drama performances, tests, exams)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5.	My child refused to travel in certain means of transport (e.g. train, bus, plane)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6.	My child checked where I would be before separating or after (e.g. asked repetitive questions, called or texted)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7.	My child told me s/he does not want to participate in certain activities (e.g. sports, visiting new places) for fear of experiencing sudden and extreme symptoms e.g. heart racing, difficulty breathing, feeling faint	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8.	My child asked many questions about new situations	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9.	My child refused one or more of the following - going to the doctor, going to the dentist, getting an injection	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10.	My child talked about something bad that might happen when we're not together	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11.	My child talked about the worst thing that might happen in a situation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12.	My child refused to be around certain animals or insects (e.g. dogs, spiders)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13.	My child suddenly started sweating and/or was unable to breathe even though there was no clear reason	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14.	My child avoided talking to other people despite talking easily at home (e.g. kept quiet, said very little)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



15.	My child spent more time or effort than was needed preparing for activities (e.g. took extra pencils to an exam, studied constantly, practised over and over, checked school bag was packed correctly)	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16.	My child became distressed by or avoided reading aloud, speaking or participating in class or during assembly	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17.	My child avoided one or more of the following situations – the dark, crowds, heights, storms or water	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18.	My child told me that s/he suddenly felt numbness or a tingling sensation	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

### Scoring the MABS

The responses are scored:

Never	= 0
Rarely	= 1
Sometimes	= 2
Most of the Time	= 3
All of the Time	= 4

This yields a maximum possible score of 72.

### **Total Score Calculation**

The total score is the sum of all the items.

Alternatively, the Total Score may be computed from adding together all the subscale scores.

### **Subscale Calculation**

Sub-scale scores are calculated by adding the individual item scores as indicated in the following table:

Subscale	MABS Items				Subscale Total Score
Generalised Anxiety	+1	+8	+11	+15	
Panic	+2	+7	+13	+18	
Separation Anxiety	+3	+6	+10		
Social Anxiety	+4	+14	+16		
Specific Anxiety	+5	+9	+12	+17	
<b>MABS TOTAL SCORE:</b>					