

PRESCHOOL ANXIETY SCALE (Teacher Report)

Teacher's Name: Date: _____

Child's Name:

Below is a list of items that describe children. For each item please circle the response that best describes the child. Please circle the 4 if the item is very often true, 3 if the item is quite often true, 2 if the item is sometimes true, 1 if the item is seldom true or if it is not true at all circle the 0. Please answer all the items as well as you can. There are no right or wrong answers.

	Not True at All	Seldom True	Sometimes True	Quite Often True	Very Often True
1. Repeatedly asks about parent(s) during the day	0	1	2	3	4
2. Has difficulty stopping him/herself from worrying.....	0	1	2	3	4
3. Keeps checking that he/she has done things right..... (e.g., that he/she closed a door, turned off a tap)	0	1	2	3	4
4. Complains of headaches or stomachaches when it is time to be dropped off at preschool/school.....	0	1	2	3	4
5. Is tense, restless or irritable due to worrying.....	0	1	2	3	4
6. Is scared to ask an adult for help (e.g., a preschool or school teacher).....	0	1	2	3	4
7. Is scared of heights (high places).....	0	1	2	3	4
8. Washes his/her hands over and over many times each day....	0	1	2	3	4
9. Is afraid of meeting or talking to unfamiliar people.....	0	1	2	3	4
10. Worries that something bad will happen to his/her parents....	0	1	2	3	4
11. Spends a large part of each day worrying about various things	0	1	2	3	4
12. Is afraid of talking in front of the class (preschool group) e.g., show and tell.....	0	1	2	3	4
13. Worries that something bad might happen to him/her (e.g. getting lost or kidnapped), so he/she won't be able to see his/her parents again	0	1	2	3	4
14. Has to have things in exactly the right order or position to stop bad things from happening.....	0	1	2	3	4
15. Worries that he/she will do something embarrassing in front of other people.....	0	1	2	3	4

	Not True at All	Seldom True	Sometimes True	Quite Often True	Very Often True
16. Is afraid of insects and/or spiders.....	0	1	2	3	4
17. Has bad or silly thoughts or images that keep coming back over and over.....	0	1	2	3	4
18. Becomes distressed when he/she is dropped off at preschool/school	0	1	2	3	4
19. Is afraid to go up to group of children and join their activities	0	1	2	3	4
20. Has to keep thinking special thoughts (e.g., numbers or words) to stop bad things from happening.....	0	1	2	3	4
21. Asks for reassurance when it doesn't seem necessary.....	0	1	2	3	4
22. Cries for parent whilst at preschool/school	0	1	2	3	4