REVISED CHILDREN’S MANIFEST ANXIETY SCALE, SECOND EDITION (RCMAS-2)

The RCMAS-2 is a 49 item self-report scale that is completed by students aged 6-19. The student responds by indicating a yes or no answer. It measures the level and nature of anxiety as experienced by children & adolescents. It includes the following four scales: Physiological Anxiety, Worry, Social Anxiety, and the Total Anxiety Composite. Additionally, it has two validity scales called the Defensiveness scale and Inconsistent Responding Index. Scores are reported in T-scores, with a mean of 50 and standard deviation of 10. Scores between 40 and 60 are considered Average/No more problematic than for most students. Scores from 61-70 are Moderately Problematic and 71 and higher are Extremely Problematic. Scores of 39 and lower are considered Less Problematic than for most students. STUDENT’s results are summarized in the table below:

|  |  |  |  |
| --- | --- | --- | --- |
|  | **T-Score** | **Percentile** | **Descriptor** |
| Defensiveness | 64 | 92 | High |
| Inconsistent Responding Index | 2 |  | Average |
| **Total Anxiety** | **62** | **88** | **Moderately Problematic** |
| Physiological Anxiety | 50 | 50 | Average |
| Worry | 65 | 93 | Moderately Problematic |
| Social Anxiety | 59 | 82 | Average |

Based on STUDENT’s results, the Inconsistent Responding Index fell in the average range, suggesting that STUDENT responded in a consistent manner. However, the Defensiveness scale fell in the high range, which suggests that STUDENT was unwilling to admit to common imperfections or has tried to give a very positive image of herself in a somewhat naïve or immature fashion. Therefore, her results should be interpreted with caution keeping in mind that she may have responded in a defensive manner.

The Total Anxiety scale is a composite that is made up of the Worry, Physiological Anxiety, and Social Anxiety scales. It is the most robust score obtained on the RCMAS-2. STUDENT’s T-score of 62 falls in the Moderately Problematic range, which suggests that she is reporting symptoms of anxiety.

On the Physiological Anxiety scale, STUDENT’s responses fell in the Average range. This indicates that STUDENT did not report this area to be any more problematic than what is reported by most students her same age.

On the Worry scale, STUDENT’s responses fell in the Moderately Problematic range, which suggests that STUDENT is afraid, nervous, or in some manner oversensitive to environmental pressures. A high score on this scale may indicate a student who internalizes much of the anxiety she experiences and who may thus be overburdened with trying to relieve this anxiety. Specifically, STUDENT indicated that she is nervous, often worries about something bad happening to her, worries that others do not like her, gets nervous when things do not go the right way for her, worries a lot of the time, feels bad if people laugh at her, is afraid of a lot of things, worries about what her parents will say to her, worries about what others think of her, gets her feelings hurt easily, worries about what is going to happen, worries when she goes to bed at night, worries about someone beating her up, and worries about saying something dumb.

On the Social Anxiety scale, STUDENT’s responses fell in the Average range, which indicates that she did not report this area to be any more problematic than what is reported by most students her same age.