

MASC (Multidimensional Anxiety Scale for Children,)

This questionnaire asks about your thoughts, feelings or actions in the **last week**. Please read the statement below, decide how applicable or true the statement is to you based on your own situation, and circle the corresponding numbers

	Incompatible	Hardly	Sometimes	Often
1. I feel nervous or jittery	0	1	2	3
2. I often need permission from others	0	1	2	3
3. I am worried that others will laugh at me	0	1	2	3
4. I feel scared when my parents are not around	0	1	2	3
5. I am alert to my surroundings	0	1	2	3
6. I am having trouble breathing	0	1	2	3
7. The idea of going camping scared me	0	1	2	3
8. I become trembling or upset	0	1	2	3
9. I try to stay with my father or mother	0	1	2	3
10. I'm afraid other kids will laugh at me	0	1	2	3
11. I try to obey my parents and teachers	0	1	2	3
12. I feel dizzy or become weak	0	1	2	3
13. Before doing things, I am cautious	0	1	2	3
14. I was worried about being asked questions during class	0	1	2	3
15. I am easily frightened	0	1	2	3
16. I am afraid that others think I am stupid	0	1	2	3
17. I'm going to sleep with the light on at night	0	1	2	3
18. My chest hurts	0	1	2	3
19. I avoid going places where my family is not	0	1	2	3
20. I feel strange, weird, or unreal	0	1	2	3
21. I try to do something that others will like	0	1	2	3
22. I am worried about what others will	0	1	2	3



	Incompatible	Hardly	Sometimes	Often
think of me				
23. I avoid watching scary movies and TV	0	1	2	3
24. My heart is beating fast	0	1	2	3
25. I stay away from things that bother me	0	1	2	3
26. I want my family to accompany me when I sleep	0	1	2	3
27. I feel uneasy and nervous to the point of breaking down	0	1	2	3
28. I try my best to make everything perfect	0	1	2	3
29. I am worried about doing stupid or embarrassing things	0	1	2	3
30. I am afraid of taking a bus or car	0	1	2	3
31. I feel something wrong with my stomach	0	1	2	3
32. If I become upset or scared, I will let others know immediately	0	1	2	3
33. If I have to speak in front of the public, I will become nervous	0	1	2	3
34. Bad weather, darkness, high places, animals, or bugs make me scared	0	1	2	3
35. My hands are shaking	0	1	2	3
36. I check to make sure things are safe	0	1	2	3
37. Inviting other children to play with me is difficult for me	0	1	2	3
38. I feel sweaty or cold in my hands	0	1	2	3
39. I feel shy	0	1	2	3

