

Revised Child Anxiety and Depression Scale - Child version (RCADS-Child)

Description

The Revised Child Anxiety and Depression Scale (RCADS-Child) is a 47 item self-report questionnaire that measures symptoms of depression and anxiety in children and adolescents aged 8 - 18. It consists of six subscales including separation anxiety disorder (SAD), social phobia (SP), generalized anxiety disorder (GAD), panic disorder (PD), obsessive compulsive disorder (OCD), and major depressive disorder (MDD). The RCADS-Child can be used to screen for and monitor symptoms of depression and anxiety.

A parallel version of the RCADS-Child, The Revised Child Anxiety and Depression Scale Parent version (RCADS-Parent) assesses the young person's symptoms of depression and anxiety from the parent perspective and can be utilised in conjunction with the RCADS-Child.

Validity

The RCADS-Child was developed by Chorpita and colleagues (2000). The scale was administered to 1641 children and adolescents in the community. Six factors were yielded, consistent with DMS-IV disorders of anxiety and depression, including separation anxiety disorder, social phobia, generalised anxiety, panic disorder, obsessive compulsive disorder and major depressive disorder.

The RCADS-Child has demonstrated good structural validity, reliability and convergent and discriminant validity (Chorpita et al., 2000).

The RCADS-Child has also been validated in an Australian community sample (N = 405) of children and adolescents aged 8 -18 (de Ross et al., 2002). The sample was divided into two age groups, 8-12 years and 13-18 years of age.

Interpretation

A Total Anxiety Scale score (sum of the 5 anxiety subscales) and a Total Internalizing Scale

score (sum of all 6 subscales) are derived, with higher scores indicating increased symptom severity. In addition, items are summed to obtain a total score for each of the six subscales. Subscale scores are converted into percentiles, based on age, compared to the Australian community sample (de Ross et al., 2002). A percentile score of 50 represents average levels of symptoms compared to age related peers, whereas a percentile above, for example, the 90th percentile indicates high levels of symptoms.

Sub-scales are computed by summing the following items:

Separation Anxiety: items 5, 9, 17, 18, 33, 45, 46

Social Phobia: items 4, 7, 8, 12, 20, 30, 32, 38, 43

Generalized Anxiety: items 1, 13, 22, 27, 35, 37

Panic Disorder: items 3, 14, 24, 26, 28, 34, 36, 39, 41

Obsessive-Compulsive: items 10, 16, 23, 31, 42, 44

Major Depression: items 2, 6, 11, 15, 19, 21, 25, 29, 40, 47

Developer

Chorpita, B. F., Yim, L., Moffitt, C., Umemoto, L. A., & Francis, S. E. (2000). Assessment of symptoms of DSM-IV anxiety and depression in children: A revised child anxiety and depression scale. *Behaviour research and therapy*, 38(8), 835-855.

References

Chorpita, B. F., Yim, L., Moffitt, C., Umemoto, L. A., & Francis, S. E. (2000). Assessment of symptoms of DSM-IV anxiety and depression in children: A revised child anxiety and depression scale. *Behaviour research and therapy*, 38(8), 835-855.

de Ross, R. L., Gullone, E., & Chorpita, B. F. (2002). The Revised Child Anxiety and Depression Scale: A Psychometric. *Behaviour Change*, 19, 2.

Instructions to Client

Check the word that shows how often each of these things happens to you. There are no right or wrong answers.