

Pediatric Anxiety – Short Form 8a

Please respond to each question or statement by marking one box per row.

In the past 7 days...		Never	Almost Never	Sometimes	Often	Almost Always
2220R2r	I felt like something awful might happen..	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
713R1r	I felt nervous.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
227bR1r	I felt scared	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
5044R1r	I felt worried.....	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
3459bR1r	I worried when I was at home	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
2230R1r	I got scared really easy	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
231R1r	I worried about what could happen to me ..	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
3150bR2r	I worried when I went to bed at night	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

TOTAL SCORE: _____

PROMIS ANXIETY SCORING GUIDE*

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Child Self-Report

Ages 8-17⁺

Raw Score	T-score Range	T-score Interpretation	Clinical Recommendation
8-18	<55	<i>Typical/Normative</i>	Continue to monitor & assess periodically
19-27	55-64.5	<i>Slightly Elevated</i>	Provide brief psychoeducation and/or caregiver handout; assess response & consider FAST-A
28-38	65.7-79.3	<i>Elevated</i>	Start FAST-A
>38	79.3-83.3	<i>Very Elevated</i>	May still benefit from FAST-A; Start FAST-A and reassess need for ongoing care/external referral

*Guidelines are based on general interpretation of T-scores and evidence-based recommendations for pediatric anxiety. These recommendations have NOT been empirically derived and have not been evaluated by NIH.

*May use with children younger than 8 based on clinical judgment; however, T-scores may no longer be accurate.