**Purpose**
- The Revised Children's Anxiety and Depression Scale (RCADS) is a valid and reliable 47-item self-report questionnaire that measures the frequency of anxiety and depressive symptoms in children and TAY.
- Provides valuable diagnostic information and may aid in treatment planning.
- Assesses client's experience of symptoms related to depression and five DSM-IV anxiety disorders.
- Yields a Total Anxiety Score (sum of the five anxiety subscales).
- Yields a separate Depression score.

**Administration**
- Youth, ages 6-18 years, are asked to report how often they experience various symptoms of anxiety and depression.
- Can be read aloud by therapist without compromising validity.
- Therapist should encourage client to answer all items as accurately as possible.

**Advantages of the RCADS**
- Assesses symptoms associated with a range of anxiety diagnoses.
- Evaluates comorbid symptoms of depression.
- Assists therapists in their initial clinical impressions, diagnostic formulations, and treatment planning.
- Comparisons of pre/post scores can reveal treatment-related changes in symptoms of anxiety and depression.

**Subscales (Based on DSM-IV Diagnostic Criteria)**

<table>
<thead>
<tr>
<th>Subscale</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Separation Anxiety (SA)</td>
<td>High score indicates the child is experiencing excessive anxiety with regard to separating from home or from parent/care provider.</td>
</tr>
<tr>
<td>Generalized Anxiety (GA)</td>
<td>Elevations in this scale reflect the child has chronic and exaggerated worry and concern.</td>
</tr>
<tr>
<td>Panic (P)</td>
<td>High score indicates child reports palpitations, accelerated heart rate, sweating, fear of dying, etc.</td>
</tr>
<tr>
<td>Social Phobia (SP)</td>
<td>High score suggests the child experiences excessive anxiety in social or performance situations.</td>
</tr>
<tr>
<td>Obsessions-Compulsions (OC)</td>
<td>High score indicates child engages in repetitive behaviors or mental acts (e.g., hand washing, counting, etc.) due to excessive anxiety.</td>
</tr>
<tr>
<td>Depression (D)</td>
<td>Elevated score on this scale suggests child has frequent episodes of crying, feelings of sadness, irritable mood, etc.</td>
</tr>
<tr>
<td>Total Anxiety</td>
<td>High score indicates child is reporting several symptoms of anxiety.</td>
</tr>
<tr>
<td>Total Anxiety and Depression</td>
<td>High score suggests child is experiencing several symptoms of anxiety and depression.</td>
</tr>
</tbody>
</table>

**Scoring Information**
- Research with the RCADS has demonstrated its effectiveness in assessing symptoms of anxiety and depression among children and TAY ages 6-18 years.
- While standard scores (T-scores) are available for individuals in grades 3-12, at this time LACDMH is only requiring agencies to submit raw scores for all children ages 6-18 years.
- California Institute for Mental Health (CiMH) has developed a hand-scoring worksheet agencies may use to calculate the RCADS Subscale and Total raw scores (available on the PEI Outcomes Wiki page located at: http://dmhoma.pbworks.com/w/page/36104184/PEI-Outcomes).
- An automated Excel scoring program for clients in grades 3-12 is available at: http://www.childfirst.ucla.edu/resources.html.
- Clinical judgment should be used when evaluating raw scores.
- Are scores closer to the lower or high end of the range?