



Revised Child Anxiety and Depression Scale (RCADS)

Developers: B. Chorpita, C. Ebesutani, & S. Spence

Overview

The Revised Child Anxiety and Depression Scale (RCADS) assesses DSM-defined anxiety and depression for students in grades 3-12. The RCADS anxiety items were derived from the Spence Children's Anxiety Scale (SCAS). There is also a shortened version (RCADS-25) available; both short and long assessments have a parent/caregiver report version (RCADS-P; RCADS-P-25). The measure has been validated in community, clinical, and school-based samples and shows utility in delineating anxiety and depressive disorders. Free downloadable software provides easy scoring of results.

Focus Area

Anxiety
Depression/Mood

Purpose

Screening/Initial Evaluation
Diagnostic
Progress Monitoring

Reporter

Student
Caregiver

Versions

RCADS-25, Student, 25 items (for grades 3-12)
RCADS, Student, 47 items (for grades 3-12)
RCADS-P-25, Caregiver, 25 items (for grades 3-12)
RCADS-P, Caregiver, 47 items (for grades 3-12)

Subscales

Separation anxiety
Generalized anxiety
Panic
Social phobia

Obsessions/compulsions
Depression
Total anxiety
Total internalizing (anxiety & depression)

Sample Items

- ♦ I worry about things
- ♦ I feel sad or empty
- ♦ When I have a problem, I get a funny feeling in my stomach
- ♦ I feel scared if I have to sleep on my own
- ♦ I have to think of special thoughts (like numbers or words) to stop bad things from happening

Response Options

Never
Sometimes
Often
Always

Estimated Completion Time

Five minutes (RCADS-25)
Ten minutes (RCADS)

Languages

English
Spanish
Other

Cost

Free

Access the measures:

[RCADS](#)

[RCADS-25](#)

[RCADS-P](#)

[RCADS-P-25](#)

Summary compiled by NCSMH (2018) for The SHAPE System (www.theSHAPEsystem.com)



Scoring

Revised Child Anxiety and Depression Scale (RCADS)		
	RCADS	RCADS-25
Possible range	0-141	0-75
Item scores	Never (0) to Always (3)	
Scoring rules	To use the RCADS, RCADS-P, RCADS-25 and RCADS-P-25 for <i>screening, diagnostic purposes, and progress monitoring</i>: Free automated scoring is available; clinicians enter the student's gender, grade level, and raw score for each item to produce T-scores for each scale/subscale ➤ Access the excel files: RCADS RCADS-25 RCADS-P RCADS-P-25 ➤ Batch scoring (for multiple cases) is facilitated by using syntax for commonly used statistical packages, such as SPSS ➤ Interpret T-scores from the scoring program according to the below criteria See RCADS manual for additional scoring information	
Interpretation	Once T-scores are obtained from the free online scoring program, interpret the severity of the youth's symptoms compared to peers in the same grade and gender groups; they can also be used to detect changes over time. ➤ T-scores of 65-69 suggest the student may be at elevated risk for developing clinical symptoms of anxiety/depression (top 3-7%). ➤ T-scores of 70 or above suggest the student may already be experiencing clinically significant symptoms of anxiety/depression (top 2%).	
Handling blank items	For the RCADS/RCADS-P: ◆ Subscale totals should only be calculated if less than three items are missing from each scale. If appropriate to score, missing data are prorated according to the remaining items within a scale. ◆ Following the above missing values rule, the Total anxiety score may be calculated with up to 10 missing items, and the Total internalizing scale may be calculated with up to 12 missing items. ◆ To estimate the scale score, take the sum of the completed items within that scale and divide by the number of items completed, then multiple by the total number of items in that scale, and then round the result. ◆ For example, if one item is missing from the separation anxiety scale (which has seven items), and the 6 completed items sum to 4, you would divide 4 by 6 (0.67), and then multiply by 7, which would yield 4.67, which then rounds to 5. Thus, you would count the score as a 5 not a 4 because of the prorating. ◆ Missing data are automatically handled in the automated scoring programs.	

Access [all versions](#) (including other languages) of the RCADS, RCADS-P, and RCADS-25