

Anxiety Scale for Children – Autism Spectrum Disorder (ASC-ASD)[®]

Guidelines for use

***Jacqui Rodgers, Sarah Wigham, Helen McConachie, Mark Freeston, Emma Honey, Jeremy Parr
Newcastle University, Newcastle UK***

Background to the ASC-ASD

The Anxiety Scale for Children- ASD (ASC-ASD[®]) is a 24 item self-report anxiety questionnaire, with four sub-scales: *Separation Anxiety (SA)*, *Uncertainty (U)*, *Performance Anxiety (PA)* and *Anxious Arousal (AA)*, for use with young people aged between 8-16 years with a diagnosis of autism spectrum disorder (ASD).

The ASC-ASD[®] provides a total score, which is a sum of all of the items, as well as subscales scores, (the sum of items within a subscale). Items are rated on a 4-point Likert-scale from 0 (“never”) to 3 (“always”). A 24 item parent version of the ASC-ASD[®] (ASC-ASD - P[®]) is also available and comprises parents reports of their child’s symptoms of anxiety, across the same four subscales.

The ASC-ASD[®] was derived from a well-validated measure of anxiety developed for use with typically developing children; the Revised Children’s Anxiety and Depression Scale (RCADS, Chorpita et al, 2000). Copies of the original RCADS can be found at <http://www.childfirst.ucla.edu/Resources.html>

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We welcome translation of the measures and would request that you inform us of your intentions and that we are provided with a copy of the back translation for checking prior to use/publication. We also request that we are provided with a copy of the final translated instrument for non-commercial distribution via

<http://research.ncl.ac.uk/cargo-ne/> . Any commercial use or resale of the ASC-ASD[®] or its current and future derivative works is strictly prohibited. The ASC-ASD[®] is intended to be free for any interested user.

Support

Because there is no charge for any of these instruments, all support is provided on a voluntary basis by the authors. For questions that cannot be answered in this user's guide, please email jacqui.rodgers@ncl.ac.uk.

Scoring

To score the ASC-ASD[®] and the ASC-ASD-P[®], each item is assigned a numerical value from 0-3, where 0 = Never, 1 = Sometimes, 2 = Often, and 3 = Always. For the total score sum the numerical value for all items (maximum score possible is 72). For each subscale add the numerical values for each item together. The items that comprise each subscale are listed below. For example, for the Performance Anxiety (PA) subscale add the numerical values for items 2, 4, 7, 15, and 17. Thus, the highest score possible for this subscale is 15, the lowest 0. For Uncertainty add the numerical values for items 5,6,9,10,14,16,21,23. The highest score possible for this subscale is 24, the lowest 0.

Missing data for raw scores can be handled by prorating the remaining items within a scale. It is recommended that scales with more than 1 missing item are not scored. Likewise, the total anxiety score can have up to 4 missing items, but only if each subscale has no more than 1 missing.

ASC-ASD[®] Subscales	Items (both versions)
Performance anxiety (PA)	2,4,7,15,17 (5 items)
Anxious arousal (AA)	1,3,8,12,13,22 (6 items)
Separation anxiety (SA)	11,18,19,20,24 (5 items)
Uncertainty	5,6,9,10,14,16,21,23 (8 items)

Interpretation

For ASC-ASD[®] and the ASC-ASD-P[®], a total score of ≥ 20 may indicate the presence of significant levels of anxiety. Scores higher than 24 are more specific. Currently no indicative cut-offs are available for the subscales.