

**COUNTY OF LOS ANGELES  
DEPARTMENT OF  
MENTAL HEALTH**

**Adult System of Care  
MHA Implementation &  
Outcomes Division  
PEIOutcomes@dmh.lacounty.gov**

**Purpose**

- The Revised Children’s Anxiety and Depression Scale (RCADS)-P is a valid 47-item parent-report questionnaire that assesses the frequency of anxiety and depression symptoms in children and TAY
- Provides valuable diagnostic information and may aid in treatment planning
- Assesses parent/care provider observations of symptoms/behaviors client may be displaying relative to depression and five DSM-IV anxiety disorders
- Yields a Total Anxiety Score (sum of the 5 anxiety subscales)
- Yields a separate Depression score

**Administration**

- Parents/care providers of clients ages 6-18 are asked to report how often they observe the client displaying various symptoms of anxiety and depression
- Can be read aloud by therapist without compromising validity
- Therapist should encourage parent/care provider to answer all items as accurately as possible



Revised: December 28, 2016

**RCADS Quick Guide - Parent**

Revised Children’s Anxiety and Depression Scale-P®

Administered for parents/care providers of clients ages 6-18, during the first and last EBP treatment sessions, for the following practice:

- Managing and Adapting Practice – Anxiety & Avoidance\*  
(\*Currently supported by CiMH)

**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 changes in symptoms of anxiety and depression during the course of treatment

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

Separation Anxiety Disorder (SAD)	High score suggests the parent perceives the client has excessive anxiety when separating from home or from parent/care provider
Generalized Anxiety Disorder (GAD)	High score suggests the parent perceives the client has excessive generalized worry and fear
Panic Disorder (PD)	High score suggests the parent perceives the client has palpitations, accelerated heart rate, sweating, fear of dying, etc.
Social Phobia (SP)	High score suggest the parent perceives the client has excessive anxiety in social or performance situations
Obsessive-Compulsive Disorder (OCD)	High score suggest the parent perceives the client engages in repetitive behaviors or mental acts (e.g., hand washing, counting, etc.) associated with excessive anxiety
Major Depressive Disorder (MDD)	High score suggests the parent perceives the youth often cries, feels sad, seems irritable and displays other symptoms indicative of depression
Total Anxiety	High score suggest the parent perceives the client is experiencing several symptoms of anxiety
Total Internalizing	High score suggests the parental perceives the client is experiencing several symptoms of anxiety and depression

**Scoring Information**

- Research with the RCADS has demonstrated its effectiveness in assessing symptoms of anxiety and depression among youths ages 6-18
- 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 clients ages 6-18
- 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?
- More information on scoring is available in the RCADS User’s Guide at: <http://www.childfirst.ucla.edu/RCADSGuide20110202.pdf>

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**Purpose**

- The Revised Children’s Anxiety and Depression Scale (RCADS) is a valid 47-item self-report questionnaire that measures the frequency of anxiety and depression 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**

- Clients ages 6–18 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



# RCADS Quick Guide - Child

Revised Children’s Anxiety and Depression Scale®

Administered to clients ages 6-18, during the first and last EBP treatment sessions, for the following practice:

- **Managing and Adapting Practice – Anxiety & Avoidance\***  
(\*Currently supported by CiMH)

**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 changes in symptoms of anxiety and depression during the course of treatment

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

Separation Anxiety Disorder (SAD)	High score suggests the client is experiencing excessive anxiety with regard to separating from home or from parent/care provider
Generalized Anxiety Disorder (GAD)	High score suggests the client has chronic and exaggerated worry and concern
Panic Disorder (PD)	High score suggests the client has palpitations, accelerated heart rate, sweating, fear of dying, etc.
Social Phobia (SP)	High score suggests the client experiences excessive anxiety in social or performance situations
Obsessive-Compulsive Disorder (OCD)	High score suggests the client engages in repetitive behaviors or mental acts (e.g., hand washing, counting, etc.) due to excessive anxiety
Major Depressive Disorder (MDD)	High score suggests the client has frequent episodes of crying, feelings of sadness, irritable mood, etc.
Total Anxiety	High score suggests the client is experiencing several symptoms of anxiety
Total Internalizing	High score suggests the client is experiencing several symptoms of anxiety and depression

**Scoring Information**

- Research with the RCADS has demonstrated its effectiveness in assessing symptoms of anxiety and depression among children and youths ages 6-18
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