

**LOS ANGELES COUNTY
DEPARTMENT OF
MENTAL HEALTH**

**Quality, Outcomes, & Training
Division**
PEIOutcomes@dmh.lacounty.gov

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 youth.
- It provides valuable diagnostic information and may aid in treatment planning.
- It assesses client's experience of symptoms related to depression and five DSM-IV anxiety disorders.
- It yields a Total Anxiety Score (sum of the five anxiety subscales)
- It yields a separate Depression score.

Administration

- Clients ages 6–18 are asked to report how often they experience various symptoms of anxiety and depression.
- The questionnaire can be read aloud by staff without compromising validity.
- Staff should encourage client to answer all items as accurately as possible.



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Revised: March 31, 2020

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

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, fears for no reason, 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 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>
- Clinical judgment should be used when evaluating raw scores, e.g. 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)-P is a valid 47-item parent-report questionnaire that assesses the frequency of anxiety and depression symptoms in children and youth.
- It provides valuable diagnostic information and may aid in treatment planning.
- It assesses parent/caregiver observations of symptoms/behaviors client may be displaying relative to depression and five DSM-IV anxiety disorders.
- It yields a Total Anxiety Score (sum of the five anxiety subscales).
- It yields a separate Depression score.

Administration

- Parents/caregivers of clients ages 6-18 are asked to report how often they observe the client displaying various symptoms of anxiety and depression.
- The questionnaire can be read aloud by staff without compromising validity.
- Staff should encourage parent/caregiver to answer all items as accurately as possible.



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PROTECT • PROMOTE • PREVENT

Revised: March 31, 2020

RCADS Quick Guide - Parent

Revised Children's Anxiety and Depression Scale-P©

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

- Managing and Adapting Practice – Anxiety & Avoidance

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/caregiver perceives the client has excessive anxiety when separating from home or from parent/caregiver
Generalized Anxiety Disorder (GAD)	High score suggests the parent/caregiver perceives the client has excessive generalized worry and fear
Panic Disorder (PD)	High score suggests the parent/caregiver perceives the client has palpitations, accelerated heart rate, sweating, fears for no reason, etc.
Social Phobia (SP)	High score suggests the parent/caregiver perceives the client has excessive anxiety in social or performance situations
Obsessive-Compulsive Disorder (OCD)	High score suggests the parent/caregiver 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/caregiver perceives the youth often cries, feels sad, seems irritable, and displays other symptoms indicative of depression
Total Anxiety	High score suggests the parent/caregiver perceives the client is experiencing several symptoms of anxiety
Total Internalizing	High score suggests the parent/caregiver perceives the client is experiencing several symptoms of anxiety and depression

Scoring Information

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