The Clinical Anxiety Scale (CAS)

Name: ____________________________________

Today’s Date: ______________

This questionnaire is designed to measure how much anxiety you are currently feeling. It is not a test, so there is no right or wrong answers. Answer each item as carefully and as accurately as you can by placing a number beside each one as follows.

1. Rarely or none of the time.
2. A little of the time.
3. Some of the time.
4. A good part of the time.
5. Most or all of the time.

1. _____ I feel calm.
2. _____ I feel tense.
3. _____ I feel suddenly scared for no reason.
4. _____ I feel nervous.
5. _____ I use tranquilizers or antidepressants to cope with my anxiety.
6. _____ I feel confident about the future.
7. _____ I am free from senseless or unpleasant thoughts.
8. _____ I feel afraid to go out of my house alone.
9. _____ I feel relaxed and in control of myself.
10. _____ I have spells of terror or panic.
11. _____ I feel afraid in open spaces or in the streets.
12. _____ I feel afraid I will faint in public.
13. _____ I am comfortable traveling on buses, subways or trains.
14. _____ I feel nervousness or shakiness inside.
15. _____ I feel comfortable in crowds, such as shopping or at a movie.
16. _____ I feel comfortable when I am left alone.
17. _____ I feel afraid without good reason.
18. _____ Due to my fears, I unreasonably avoid certain animals, objects or situations.
19. _____ I get upset easily or feel panicky unexpectedly.
20. _____ My hands, arms or legs shake or tremble.
21. _____ Due to my fears, I avoid social situations, whenever possible.
22. _____ I experience sudden attacks of panic which catch me by surprise.
23. _____ I feel generally anxious.
24. _____ I am bothered by dizzy spells.
25. _____ Due to my fears, I avoid being alone, whenever possible.
How to score the Clinical Anxiety Scale (CAS)

First reverse-score items 1, 6, 7, 9, 13, 15, 16. Sum these and the remaining scores. Subtract the number of completed items. Multiply the result by 100. Divide by the number of items completed times 4.

The range is 0-100.

The higher the score, the more the anxiety. The clinical cut-off score is 30.