

THE REVISED CHILDREN'S MANIFEST ANXIETY SCALE (RCMAS)

"What I Think and Feel"

The RCMAS is a 37-item self-report inventory used to measure anxiety in children, for clinical purposes (diagnosis and treatment evaluation), educational settings, and for research purposes.

The Revised Children's Manifest Anxiety Scale was developed by Reynolds and Richmond (1978) to assess "the degree and quality of anxiety experienced by children and adolescents" (Gerald and Reynolds, 1999)

The Revised Children's Manifest Anxiety Scale (RCMAS)

"What I think and Feel"

Read each question carefully. Put a circle around the word YES if you think it is true about you. Put a circle around the word NO if you think it is not true about you

1	I have trouble making up my mind	YES	NO
2	I get nervous when things do not go the right way for me	YES	NO
3	Others seem to do things easier than I can	YES	NO
4	I like everyone I know	YES	NO
5	Often I have trouble getting my breath	YES	NO
6	I worry a lot of the time	YES	NO

7	I am afraid of a lot of things	YES	NO
8	I am always kind	YES	NO
9	I get mad easily	YES	NO
10	I worry about what my parents will say to me	YES	NO
11	I feel that others do not like the way I do things	YES	NO
12	I always have good manners	YES	NO
13	It is hard for me to get to sleep at night	YES	NO
14	I worry about what other people think about me	YES	NO
15	I feel alone even when there are people with me	YES	NO
16	I am always good	YES	NO
17	Often I feel sick in the stomach	YES	NO
18	My feelings get hurt easily	YES	NO
19	My hands feel sweaty	YES	NO
20	I am always nice to everyone	YES	NO
21	I am tired a lot	YES	NO
22	I worry about what is going to happen	YES	NO
23	Other children are happier than I am	YES	NO
24	I tell the truth every single time	YES	NO
25	I have bad dreams	YES	NO

26	My feelings get hurt easily when I am fussed at	YES	NO
27	I feel someone will tell me I do things the wrong way	YES	NO
28	I never get angry	YES	NO
29	I wake up scared some of the time	YES	NO
30	I worry when I got to bed at night	YES	NO
31	It is hard for me to keep my mind on my schoolwork	YES	NO
32	I never say things that I shouldn't	YES	NO
33	I wriggle in my seat a lot	YES	NO
34	I am nervous	YES	NO
35	A lot of people are against me	YES	NO
36	I never lie	YES	NO
37	I often worry about something bad happening to me	YES	NO