

## SELF-REPORT

John S. March, M.D., MPH

Name/ID: \_\_\_\_\_

Gender: M ☒ F  
(Circle One)

Grade: \_\_\_\_\_

Age: \_\_\_\_\_

Birth Date: \_\_\_\_\_  
Month Day Year

Today's Date: 6 / 2 / 21  
Month Day Year

**INSTRUCTIONS:** These sentences ask how you might have been thinking, feeling, or acting in the last while. For each item, please circle the number that describes **how often the sentence is true about you**.

Circle 0 if a sentence is Never true about you.

Circle 1 if a sentence is Rarely true about you.

Circle 2 if a sentence is Sometimes true about you.

Circle 3 if a sentence is Often true about you.

Remember, there are no right or wrong answers, just answer how you might have been feeling in the last while.

Here is an example to show you how to mark your answer. In the example, if you are hardly ever scared of dogs, you would circle the 1 meaning that the sentence is "Rarely" true about you.

*Example:* I'm scared of dogs.

Never	Rarely	Sometimes	Often
0	<u>1</u>	2	3

	Never	Rarely	Sometimes	Often
1. I feel tense or uptight.	0	1	<u>2</u>	3
2. I usually ask permission to do things.	0	1	<u>2</u>	3
3. I worry about other people laughing at me.	0	1	2	<u>3</u>
4. I get scared when my parents go away.	0	<u>1</u>	2	3
5. I keep my eyes open for danger.	0	1	<u>2</u>	3
6. I have trouble getting my breath.	0	<u>1</u>	2	3
7. The idea of going away to camp scares me.	0	1	2	<u>3</u>
8. I get shaky or jittery.	0	<u>1</u>	2	3
9. I try to stay near my mom or dad.	0	<u>1</u>	2	3
10. I'm afraid that other kids will make fun of me.	0	1	2	<u>3</u>
11. I try hard to obey my parents and teachers.	0	1	<u>2</u>	3
12. I get dizzy or faint feelings.	<u>0</u>	1	2	3
13. I check things out first.	0	<u>1</u>	2	3
14. I worry about getting called on in class.	0	1	<u>2</u>	3
15. I'm jumpy.	0	<u>1</u>	2	3
16. I'm afraid other people will think I'm stupid.	0	1	<u>2</u>	3
17. I keep the light on at night.	<u>0</u>	1	2	3
18. I have pains in my chest.	<u>0</u>	1	2	3
19. I avoid going to places without my family.	<u>0</u>	1	2	3
20. I feel strange, weird, or unreal.	0	<u>1</u>	2	3
21. I try to do things other people will like.	0	1	<u>2</u>	3
22. I worry about what other people think of me.	0	1	2	<u>3</u>
23. I avoid watching scary movies and TV shows.	0	<u>1</u>	2	3
24. My heart races or skips beats.	0	<u>1</u>	2	3
25. I stay away from things that upset me.	0	1	<u>2</u>	3

**Please turn the questionnaire over; the items are continued on the back page...**



## SELF-REPORT

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	Never	Rarely	Sometimes	Often
26. I sleep next to someone from my family.	0	1	2	3
27. I feel restless and on edge.	0	1	2	3
28. I try to do everything exactly right.	0	1	2	3
29. I worry about doing something stupid or embarrassing.	0	1	2	3
30. I get scared riding in the car or on the bus.	0	1	2	3
31. I feel sick to my stomach.	0	1	2	3
32. I get nervous if I have to perform in public.	0	1	2	3
33. Bad weather, the dark, heights, animals, or bugs scare me.	0	1	2	3
34. My hands shake.	0	1	2	3
35. I check to make sure things are safe.	0	1	2	3
36. I have trouble asking other kids to play with me.	0	1	2	3
37. My hands feel sweaty or cold.	0	1	2	3
38. I feel shy.	0	1	2	3
39. I have trouble making up my mind about simple things.	0	1	2	3
40. I get upset over the thought that I might get sick.	0	1	2	3
41. I have bad or silly thoughts that I can't stop.	0	1	2	3
42. I have to do things over and over again for no reason.	0	1	2	3
43. I get really upset about dirt, germs, chemicals, radiation, or sticky things.	0	1	2	3
44. I feel that I have to wash or clean more than I really need to.	0	1	2	3
45. I fear I'll be responsible for something bad happening.	0	1	2	3
46. I have to check that nothing terrible has happened.	0	1	2	3
47. I have to check things several times or more.	0	1	2	3
48. I count things for no reason.	0	1	2	3
49. I get too concerned with sin or wrongdoing.	0	1	2	3
50. I have to repeat things until it feels just right.	0	1	2	3

*Thank you for completing the questionnaire.*



Today's Date: 6 / 2 / 21  
Month Day Year

Raw Score	Items 3 & 10	Items 4 & 9	Items 8 & 15	Items 13 & 35	Items 20 & 27	Items 22 & 29	Items 43 & 44	Items 47 & 50	Inconsistency Index TOTAL
Absolute Difference		+	+	+	+	+	+	+	=

# MASC 2-Self-Report: Male Profile

For age groups: Column 1 is for 8–11-year-olds, Column 2 is for 12–15-year-olds, and Column 3 is for 16–19-year-olds

	MASC 2 TOTAL SCORE			Separation Anxiety/ Phobias (S/P)			GAD Index (GAD)			Social Anxiety (SA)									Obsessions & Compulsions (OC)			Physical Symptoms (PS)									Harm Avoidance (HA)				Classification	
										TOTAL (SA:T)			Humiliation/ Rejection (H/R)			Performance Fears (PF)						TOTAL (PS:T)			Panic (P)			Tense/ Restless (T/R)								
T	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	1	2	3	T		
90	140+	117+	111+	22+	18+	30	27+	25+											29+	27+	36	31+	30+	20+	19+	17+		14+	15				90	Very Elevated		
89	138–139	115–116	109–110	21			26	24											28		35	30			18								89			
88	136–137	114	108				29												27	26	34	29	29	19				13	14				88			
87	134–135	112–113	106–107			17		25	23										30						16								87			
86	131–133	110–111	104–105		20		28												29	26	25	33	28	28		17							86			
85	129–130	108–109	102–103	27				24				27										32		27	18			15	12						85	
84	127–128	106–107	101		19	16	27		22										28	25	24		27			16	15			13			84			
83	125–126	104–105	99–100	26				23				26										31	26	26	17										83	
82	122–124	102–103	97–98		18	15	26		21			27			15				27	24	23	30						14							82	
81	120–121	101	95–96	25								25					12		26			29	25	25		15	14		11	12					81	
80	118–119	99–100	93–94				25	22				26						12			23	22		24	16										80	
79	116–117	97–98	92	24	17	14			20	27		24		14					25	22	21	28	24					13							79	
78	114–115	95–96	90–91				24	21				25	23			12			24			27	23	23	15	14	13			11					78	
77	111–113	93–94	88–89	23	16				19	26							11			21	20								10						77	
76	109–110	91–92	86–87	22		13	23	20				24	22		13			11	23			26	22	22		13	12	12							76	
75	107–108	89–90	84–85									25					11			20	19	25		21	14										75	
74	105–106	88	83	21	15		22		18	24	23	21	15	15					22			24	21							10					74	
73	102–104	86–87	81–82			12		19				22			12		10	10	21	19	18		20	20	13	12	11	11	9						73	
72	100–101	84–85	79–80	20	14		21		17	23		20		14								23														72
71	98–99	82–83	77–78			11		18				21		14		10			20	18	17	22	19	19					9						71	
70	96–97	80–81	75–76	19			20			22		19			11				19	17				18	12	11	10	10						70		
69	93–95	78–79	74		13			17	16	21	20		13	13			9	9			16	21	18					8			24	24		69		
68	91–92	77	72–73	18		10	19					18							18	16	15	20	17	17	11									68		
67	89–90	75–76	70–71		12				15	20	19			12	10	9									10	9	9		8	24	23	23		67		
66	87–88	73–74	68–69	17			18	16				17	12						17	15	14	19	16	16				7						66		
65	85–86	71–72	67			9				19	18	16					8	8	16			18		15	10	9					23	22	22		65	
64	82–84	69–70	65–66	16	11		17	15	14					11	9				14	13		17	15			8	8		7					64		
63	80–81	67–68	63–64			8				18	17	15	11			8			15				14	14	9						21	21		63		
62	78–79	65–66	61–62	15	10		16	14	13	17	16			10				7	14	13	12	16			8			6		22				62		
61	76–77	64	59–60								14	10		8		7						15	13	13	8		7							61		
60	73–75	62–63	58	14		7	15	13		16	15					7			13	12	11			12			7		6	21	20	20		60		
59	71–72	60–61	56–57		9		14		12			13		9					11		14	12			7									59		
58	69–70	58–59	54–55							15	14		9	7			6	12		10	13		11	7		6		5			19	19		58		
57	67–68	56–57	52–53	12	8	6	13	12	11	14		12				6			11	10		12	11			6		6		5	20			57		
56	64–66	54–55	50–51								13		8	8		6					9		10	10	6						18	18		56		
55	62–63	53	49	11	7		12	11		13		11		6			5	10	9	8	11		9			5					19			55		
54	60–61	51–52	47–48			5			10		12			7					9			10	9		5		5	4			17	17		54		
53	58–59	49–50	45–46	10			11	10		12		10	7			5			8	7			8	5					4	18				53		
52	56–57	47–48	43–44		6	4			9	11	9			5	5			8			9	8				4					16			52		
51	53–55	45–46	41–42	9			10				10		6	6				4		7	6	8	7	7	4	4		4					16	51		
50	51–52	43–44	40		5			9		10		8							7	6				6		3		3	3	17				50		
49	49–50	41–42	38–39	8		3	9		8		9			5	4	4	4		6		5	7	6		3						15	15		49		
48	47–48	40	36–37					8		9		7	5						5		6		5	3			3				16			48		
47	44–46	38–39	34–35	7	4			8		7		8						3	5		4	5	5			2		2			14	14		47		
46	42–43	36–37	33			2		7		8		6	4	4	3				4	4			4	4	2	2				2				46		
45	40–41	34–35	31–32	6	3		7			7	7					3	3				3	4		3			2				15	13	13	45		
44	38–39	32–33	29–30					6	6			5		3				2	3	3	2	3	3		1									44		
43	36–37	30–31	27–28	5		1	6			6	6		3	2					2					2	1	1		1	1	14	12			43		
42	33–35	29	25–26			2			5			4																				12		42		
41	31–32	27–28	24	4		0	5	5		5	5			2		2	2		1	1		1	1	1	0	0		1				11		41		
40	≤ 30	≤ 26	≤ 23	≤ 3	≤ 1		≤ 4	≤ 4	≤ 4	≤ 4	≤ 4	≤ 3	≤ 2	≤ 1	≤ 1	≤ 1	≤ 1	≤ 1	0	0	0	0	0	0	0	0	0	0	0	0	≤ 13	≤ 10	≤ 11	40		

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## Anxiety Probability Score Instructions:

The Anxiety Probability Score is determined by the number of elevated T-scores (60 or higher) on the Anxiety Scales (Separation Anxiety/Phobias, GAD Index, and Social Anxiety: Total). Count the number of elevated T-scores recorded in the shaded boxes and use the table to the right to determine the corresponding Anxiety Probability Score.

Raw Score (Number of Shaded T-scores ≥ 60)	Anxiety Probability Score
0	Low Probability
1	Borderline Probability
2	High Probability
3	Very High Probability