

REVISED CHILDREN'S MANIFEST ANXIETY SCALE (RCMAS)

This is a self-report measure designed to assess the level and nature of anxious feelings in children based on 37 yes or no questions. A Total Anxiety score is then computed, which is also subdivided into three anxiety subscales: physiological anxiety (somatic manifestations of anxiety such as sleep difficulties, nausea and fatigue); worry/oversensitivity (obsessive concerns about a variety of things, most of which are typically vague and ill-defined, as well as fears about being hurt or emotionally isolated); and social concerns/concentration (distracting thoughts and fears that are social or interpersonal in nature).

Link for purchase (*note*: only the newer version is commercially available; not the version used in this sample):

<http://www.mhs.com/product.aspx?gr=edu&prod=rcmas2&id=overview>

Reynolds, C.R., & Richmond, B.O. (1997). What I Think and Feel: A revised measure of Children's Manifest Anxiety. *J Abnorm Child Psychol.*, 25(1), 15-20.

Reynolds, C.R., & Richmond, B.O. (1985). *Revised Children's Manifest Anxiety Scale. RCMAS Manual*. Los Angeles: Western Psychological Services.