

INTERPRETATION AID: RCADS (SELF-REPORT) COMPARED TO OTHER YOUNG PEOPLE IN THE REFERENCE GROUP, HOW HIGH IS A SCORE?

SCHOOL YEARS 4 & 5	BOYS			GIRLS			
	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	
Low mood	0-14	15-16	17-30	0-15	16-18	19-30	Depression
Anxious away from home	0-10	11-12	13-21	0-13	14-15	16-21	Separation anxiety
Anxious in social situations	0-16	17-18	19-27	0-18	19-21	22-27	Social phobia
Anxious generally	0-11	12-13	14-18	0-13	14-15	16-18	Generalised anxiety
Compelled to do or think things	0-10	11-12	13-18	0-11	13-14	15-18	OCD
Panic	0-11	12-13	14-27	0-13	14-15	16-27	Panic
Overall anxiety	0-54	55-61	62-111	0-65	66-74	75-111	Total anxiety scale
Total anxiety and depression	0-65	66-74	75-141	0-79	80-90	91-141	Total internalizing scale

SCHOOL YEARS 6 & 7	BOYS			GIRLS			
	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	
Low mood	0-12	13-14	15-30	0-13	14-15	16-30	Depression
Anxious away from home	0-7	8-9	10-21	0-10	11-12	13-21	Separation anxiety
Anxious in social situations	0-17	18-19	20-27	0-20	21-23	24-27	Social phobia
Anxious generally	0-10	11-12	13-18	0-13	14-15	16-18	Generalised anxiety
Compelled to do or think things	0-10	11-12	13-18	0-11	12-13	14-18	OCD
Panic	0-9	10-11	12-27	0-11	12-13	14-27	Panic
Overall anxiety	0-48	49-55	56-111	0-61	62-69	70-111	Total anxiety scale
Total anxiety and depression	0-61	62-69	70-141	0-72	73-82	83-141	Total internalizing scale

SCHOOL YEARS 8 & 9	BOYS			GIRLS			
	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	
Low mood	0-11	12-13	14-30	0-13	14-15	16-30	Depression
Anxious away from home	0-5	6-7	8-21	0-6	7-8	9-21	Separation anxiety
Anxious in social situations	0-17	18-20	21-27	0-20	21-22	23-27	Social phobia
Anxious generally	0-10	11-12	13-18	0-12	13	14-18	Generalised anxiety
Compelled to do or think things	0-10	11	12-18	0-9	10-11	12-18	OCD
Panic	0-8	9-10	11-27	0-10	11-12	13-27	Panic
Overall anxiety	0-47	48-54	55-111	0-53	54-60	61-111	Total anxiety scale
Total anxiety and depression	0-58	59-65	66-141	0-65	66-73	74-141	Total internalizing scale

SCHOOL YEARS 10 & 11	BOYS			GIRLS			
	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	
Low mood	0-13	14-15	16-30	0-12	13-14	15-30	Depression
Anxious away from home	0-6	7	8-21	0-5	6	7-21	Separation anxiety
Anxious in social situations	0-18	19-20	21-27	0-19	20-22	23-27	Social phobia
Anxious generally	0-11	12	13-18	0-12	13	14-18	Generalised anxiety
Compelled to do or think things	0-8	9-10	11-18	0-8	9	10-18	OCD
Panic	0-8	9-10	11-27	0-8	9-10	11-27	Panic
Overall anxiety	0-48	49-54	55-111	0-48	49-54	55-111	Total anxiety scale
Total anxiety and depression	0-59	60-67	68-141	0-59	60-66	67-141	Total internalizing scale

SCHOOL YEARS 12 & 13	BOYS			GIRLS			
	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	
Low mood	0-12	13-14	15-30	0-15	16-18	19-30	Depression
Anxious away from home	0-4	5	6-21	0-6	7-8	9-21	Separation anxiety
Anxious in social situations	0-17	18-19	20-27	0-20	21-22	23-27	Social phobia
Anxious generally	0-11	12-13	14-18	0-13	14-15	16-18	Generalised anxiety
Compelled to do or think things	0-9	10-11	12-18	0-11	12	13-18	OCD
Panic	0-7	8-9	10-27	0-7	8-9	10-27	Panic
Overall anxiety	0-45	46-51	52-111	0-46	47-53	54-111	Total anxiety scale
Total anxiety and depression	0-56	57-63	64-141	0-70	71-79	80-141	Total internalizing scale

INTERPRETATION AID: RCADS-P (CAREER REPORT) COMPARED TO OTHER YOUNG PEOPLE IN THE REFERENCE GROUP, HOW HIGH IS A SCORE?

SCHOOL YEARS 4 & 5	BOYS			GIRLS			
	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	
Low mood	0-7	8-9	10-30	0-8	9-10	11-30	Depression
Anxious away from home	0-8	9-10	11-21	0-8	9-10	11-21	Separation anxiety
Anxious in social situations	0-14	15-16	17-27	0-13	14-15	16-27	Social phobia
Anxious generally	0-8	9	10-18	0-8	9	10-18	Generalised anxiety
Compelled to do or think things	0-5	6	7-18	0-5	6-7	8-18	OCD
Panic	0-4	5	6-27	0-5	6	7-27	Panic
Overall anxiety	0-36	37-41	42-111	0-37	38-43	44-111	Total anxiety scale
Total anxiety and depression combined	0-42	43-48	49-141	0-44	45-51	52-141	Total internalizing scale

SCHOOL YEARS 6 & 7	BOYS			GIRLS			
	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	
Low mood	0-7	8-9	10-30	0-9	10	11-30	Depression
Anxious away from home	0-6	7-8	9-21	0-7	8-9	10-21	Separation anxiety
Anxious in social situations	0-13	14-15	16-27	0-16	17-19	20-27	Social phobia
Anxious generally	0-7	8	9-18	0-8	9-10	11-18	Generalised anxiety
Compelled to do or think things	0-5	6	7-18	0-5	6-7	8-18	OCD
Panic	0-4	5	6-27	0-5	6	7-27	Panic
Overall anxiety	0-32	33-37	38-111	0-37	38-43	44-111	Total anxiety scale
Total anxiety and depression combined	0-38	39-44	45-141	0-47	48-54	55-141	Total internalizing scale

SCHOOL YEARS 8 & 9	BOYS			GIRLS			
	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	
Low mood	0-8	9	10-30	0-8	9-10	11-30	Depression
Anxious away from home	0-5	6	7-21	0-5	6	7-31	Separation anxiety
Anxious in social situations	0-13	14-15	16-27	0-15	16-17	18-27	Social phobia
Anxious generally	0-7	8	9-18	0-6	7-8	9-18	Generalised anxiety
Compelled to do or think things	0-4	5	6-18	0-4	5	6-18	OCD
Panic	0-3	4	5-27	0-4	5	6-27	Panic
Overall anxiety	0-30	31-35	36-111	0-32	33-37	38-111	Total anxiety scale
Total anxiety and depression combined	0-36	37-42	43-141	0-39	40-46	47-141	Total internalizing scale

SCHOOL YEARS 10 & 11	BOYS			GIRLS			
	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	
Low mood	0-10	11-12	13-30	0-8	9-10	11-30	Depression
Anxious away from home	0-14	5	6-21	0-5	6	7-21	Separation anxiety
Anxious in social situations	0-14	15-16	17-27	0-15	16-18	19-27	Social phobia
Anxious generally	0-7	8-9	10-18	0-7	8-9	10-18	Generalised anxiety
Compelled to do or think things	0-6	7-8	9-18	0-5	6	7-18	OCD
Panic	0-5	6	7-27	0-4	6	6-27	Panic
Overall anxiety	0-33	34-39	40-111	0-35	36-41	42-111	Total anxiety scale
Total anxiety and depression combined	0-42	43-48	49-141	0-42	43-49	50-141	Total internalizing scale

SCHOOL YEARS 12 & 13	BOYS			GIRLS			
	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	NORMAL RANGE	RAISED SCORE (TOP 6%)	HIGH SCORE (TOP 2%)	
Low mood	0-9	10-11	12-30	0-9	10-11	12-30	Depression
Anxious away from home	0-3	4	5-21	0-4	5	6-21	Separation anxiety
Anxious in social situations	0-12	13-14	15-27	0-14	15-16	17-27	Social phobia
Anxious generally	0-6	7-8	9-18	0-7	8	9-18	Generalised anxiety
Compelled to do or think things	0-3	4	5-18	0-5	6	7-18	OCD
Panic	0-3	4	5-27	0-5	6	7-27	Panic
Overall anxiety	0-28	29-33	34-111	0-33	34-38	39-111	Total anxiety scale
Total anxiety and depression combined	0-36	37-43	44-141	0-41	42-47	48-141	Total internalizing scale