

## Separation Anxiety Disorder Severity Measure

		Never	Occasionally	Half of the Time	Most of the Time	All of the Time
1	felt moments of sudden terror, fear or fright when separated	0	1	2	3	4
2	felt anxious, worried, or nervous about being separated	0	1	2	3	4
3	had thoughts of bad things happening to people important to you (e.g., accidents) or bad things happening to you when separated from them (e.g., getting lost).	0	1	2	3	4
4	felt a racing heart, sweaty, trouble breathing, faint, or shaky when separated	0	1	2	3	4
5	felt tense muscles, on edge or restless, or trouble relaxing when separated	0	1	2	3	4
6	avoided going places where would be separated	0	1	2	3	4
7	when separated, left places early to go home	0	1	2	3	4
8	spent a lot of time preparing for how to deal with separation	0	1	2	3	4
9	distracted myself to avoid thinking about being separated	0	1	2	3	4
10	needed help to cope with being separated (e.g., alcohol or medications, superstitious objects)	0	1	2	3	4