

Assessment of Anxiety Disorders



Behavioral

- Direct observation
- Behavioral approach checklists
- Global ratings of behavioral response
- Daily diaries

Subjective

- Self report measures
- State-Trait Anxiety Inventory for Children
- Revised Children's Manifest Anxiety Scale
- Self-report measures are difficult to obtain from very young children

Physiological

- Heart rate
- Skin conductance
- Palmar sweat
- Because of the problems and expense in obtaining these measures, physiological aspects of anxiety are not often obtained