

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
- Children's Manifest Anxiety Scale
- Self-report measures difficult to obtain from very young children

Physiological

- Heart rate
- Skin conductance
- Palmar sweat
- Physiological measures not often obtained