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Measurement Scale Fact Sheet

Clinical Anxiety Scale (CAS)

The Clinical Anxiety Scale, or CAS, measures the degree or magnitude of problems clients have with anxiety. When using the scale, it is important to remember that stress and anxiety can be (and are) defined in different ways. It appears the CAS scale measures something quite different from the Index of Clinical Stress (ICS) scale. The CAS scale is focused on a more behaviorally oriented definition of anxiety and measures phobic and anxiety reactions that arise from more clearly identified, more specific, situations or events. Although both the CAS and ICS scales might be seen as fairly global measures of stress or anxiety, the CAS scale is more specific in its item content. Compared to the CAS, the ICS is more global in its item content.

Score Interpretation

The scale produces scores that range from 0 to 100. For all practical purposes the scores can be regarded as true ratio scale values. A score of 0 indicates the client has none of the attributes of depression and a score of 100 represents the highest possible distress level the scale is capable of measuring.

Cutting Scores

This scale has a clinical cutting score of 30. Clients who score below 30, assuming accurate and candid responses, can be presumed to be free of a clinically significant problem in this area. Clients who score above 30 can be presumed to have a clinically significant problem in this area.

Reliability

The scale consistently achieves an Alpha coefficient of .90 or larger. It also has test-retest reliability ranging from .67 to .74.

Validity

The scale has been investigated with respect to content, construct, factorial, and known groups validity. It nearly always achieves validity coefficients of .60 or greater.

Readability Statistics

Flesch reading ease: 73; Gunning's Fog Index: 9; Flesch-Kincaid Grade Level: 6.

References

The following references provide the currently available research evidence concerning the psychometric characteristics for this measure.

Thyer & Westhuis, 1989; Westhuis & Thyer, 1989.



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CAS

CLINICAL ANXIETY SCALE

Name _____

Date _____

SAMPLE

This questionnaire is designed to measure how much anxiety you are currently feeling. It is not a test, so there are no right or wrong answers. Answer each item carefully and as honestly as you can, placing a number beside each item.

- 1 = Rarely or none of the time
- 2 = A little of the time
- 3 = Some of the time
- 4 = A good part of the time
- 5 = Most or all of the time

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1. _____
 2. _____ I feel tense.
 3. _____
 4. _____ I feel nervous.
 5. _____
 6. _____
 7. _____
 8. _____ I feel afraid to go out of my house alone.
 9. _____
 10. _____ I have spells of terror or panic.
 11. _____ I feel afraid in open spaces or in the streets.
 12. _____
 13. _____
 14. _____ I feel nervousness or shakiness inside.
 15. _____
 16. _____
 17. _____ I feel afraid without good reason.
 18. _____
 19. _____ I get upset easily or feel panicky unexpectedly.
 20. _____ My hands, arms, or legs shake or tremble.
 21. _____
 22. _____ I experience sudden attacks of panic which catch me by surprise.
 23. _____ I feel generally anxious.
 24. _____
 25. _____