**School Attendance Difficulties Rating Scale\***

\*Adapted from Kearney and Silverman’s SRAS-R

**Version for Children and Young People**

|  |  |  |
| --- | --- | --- |
| **Name:** | **Date of Birth:** | **Year Group:** |
| **School:** | **Date:** | **Completed with:** |

Young people sometimes have different reasons for not going to school. Some feel uncomfortable at school, some have trouble with other people, some want to be with their family, and some prefer to do things more fun outside of school.

This form asks questions about why you sometimes have difficulties attending school.

For each question, pick one number that describes you best for the last few days. Answer all the questions. There are no ‘right’ or ‘wrong’ answers.

Tick the number that best fits the way you feel.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **0**  **Never** | **1** | **2** | **3**  **Half the time** | **4** | **5** | **6**  **Always** |
| 1. How often do you have uncomfortable feelings about going to school because you are afraid of something in school (e.g. tests, fire alarm, a teacher)? |  |  |  |  |  |  |  |
| 2. How often do you stay away from school because it is hard to speak with the other kids at school? |  |  |  |  |  |  |  |
| 3. How often do you feel you would rather be with your family than go to school? |  |  |  |  |  |  |  |
| 4. When you are not in school during the week (Mon to Fri) how often do you leave the house to do something fun? |  |  |  |  |  |  |  |
| 5. How often do you stay away from school because you will have uncomfortable feelings (e.g. sad or worried) if you go? |  |  |  |  |  |  |  |
| 6. How often do you stay away from school because you feel embarrassed in front of other people at school? |  |  |  |  |  |  |  |
| 7. How often do you think about your parents/carers or other family members when in school? |  |  |  |  |  |  |  |
| 8. When you are not in school during the week (Mon to Fri) how often do you talk to or see people other than your family? |  |  |  |  |  |  |  |
| 9. How often do you feel worse at school (e.g. scared, nervous, or sad) compared to how you feel at home with friends? |  |  |  |  |  |  |  |
| 10. How often do you stay away from school because you do not have many friends there? |  |  |  |  |  |  |  |
|  | **0**  **Not at all**  **Never** | **1** | **2** | **3**  **Half as much**  **Half the time** | **4** | **5** | **6**  **Very much**  **Always** |
| 11. How much would you rather be with your mum/dad/family than go to school? |  |  |  |  |  |  |  |
| 12. When you are not in school during the week (Mon to Fri) how much do you enjoy doing different things (e.g. being with friends, going out shopping)? |  |  |  |  |  |  |  |
| 13. How often do you have uncomfortable feelings about school (e.g. scared, nervous, sad) when you think about school on Saturday and Sunday? |  |  |  |  |  |  |  |
| 14. How often do you stay away from certain places in school (e.g. corridors or places where certain people are) where you would have to talk to someone? |  |  |  |  |  |  |  |
| 15. How much would you rather be taught by your family at home than by your teachers at school? |  |  |  |  |  |  |  |
| 16. How often do you refuse to go to school because you want to have fun outside of school? |  |  |  |  |  |  |  |
| 17. If you had fewer uncomfortable feelings (e.g. scared, nervous, sad) about school, how much easier would it be for you to go to school? |  |  |  |  |  |  |  |
| 18. If it were easier for you to make new friends, how much easier would it be for you to go to school? |  |  |  |  |  |  |  |
| 19. How much easier would it be easier for you to go to school if your family went with you? |  |  |  |  |  |  |  |
| 20. How much easier would it be for you to go to school if you could do more things you like to do after school (e.g. being with friends)? |  |  |  |  |  |  |  |
| 21. How much more do you have uncomfortable feelings about school (e.g. scared, nervous, sad) compared to other people your age? |  |  |  |  |  |  |  |
| 22. How often do you stay away from people at school compared to other pupils your age? |  |  |  |  |  |  |  |
| 23. How much more than most people your age would you like to be at home with your mum/dad/family? |  |  |  |  |  |  |  |
| 24. How much more than most people your age would you rather be doing fun things outside school? |  |  |  |  |  |  |  |

**Family/Parent version**

|  |  |  |
| --- | --- | --- |
| **Pupil’s Name:** | **Pupil’s Date of Birth:** | **Pupil’s Year Group:** |
| **Completed by:** | **Relationship to Pupil:** | **Date:** |

Young people sometimes have different reasons for not going to school. Some feel uncomfortable at school, some have trouble with other people, some want to be with their family, and some prefer to do things more fun outside of school.

This form asks questions about why your child sometimes has difficulties attending school/doesn’t want to go to school. Please answer all the questions below without discussing them with your child (because this could affect the responses they give on their own version of the questionnaire).

For each question, tick one number that you think describes your child best for the last few days.

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | **0**  **Never** | **1** | **2** | **3**  **Half the time** | **4** | **5** | **6**  **Always** |
| 1. How often does your child have uncomfortable feelings about going to school because they are afraid of something in school (e.g. tests, fire alarm, a teacher)? |  |  |  |  |  |  |  |
| 2. How often does your son/daughter stay away from school because it is hard for them to speak to other students? |  |  |  |  |  |  |  |
| 3. How often does your son/daughter feel they would rather be with you or another family member than go to school? |  |  |  |  |  |  |  |
| 4. When your son/daughter is not in school during the week (Mon to Fri) how often do they leave the house to do something fun? |  |  |  |  |  |  |  |
| 5. How often does your son/daughter stay away from school because they will feel uncomfortable (e.g. sad or worried) if they go? |  |  |  |  |  |  |  |
| 6. How often does your son/daughter stay away from school because they feel embarrassed in front of other people at school? |  |  |  |  |  |  |  |
| 7. How often does your son/daughter think about you or other family members when in school? |  |  |  |  |  |  |  |
| 8. When your son/daughter is not in school during the week (Mon to Fri) how often do they talk to or see people other than family? |  |  |  |  |  |  |  |
| 9. How often does your son/daughter feel worse at school (e.g. scared, nervous, sad) compared to how they feel at home or with friends? |  |  |  |  |  |  |  |
| 10. How often does your son/daughter stay away from school because they do not have many friends there? |  |  |  |  |  |  |  |
|  | **0**  **Not at all**  **Never** | **1** | **2** | **3**  **Half as much**  **Half the time** | **4** | **5** | **6**  **Very much**  **Always** |
| 11. How much would your son/daughter rather be with you or other family members than go to school? |  |  |  |  |  |  |  |
| 12. When your son/daughter is not in school during the week (Mon to Fri) how much do they enjoy doing different things (e.g. being with friends, going out)? |  |  |  |  |  |  |  |
| 13. How often does your son/daughter have uncomfortable feelings about school (e.g. scared, nervous, sad) when they think about school on Sat and Sun? |  |  |  |  |  |  |  |
| 14. How often does your son/daughter stay away from certain places in school (e.g. corridors or places where certain people are) where they would have to talk to someone? |  |  |  |  |  |  |  |
| 15. How much would your son/daughter rather be taught by you or your partner at home than by their teachers at school? |  |  |  |  |  |  |  |
| 16. How often does your son/daughter refuse to go to school because they want to have fun outside of school? |  |  |  |  |  |  |  |
| 17. If your son/daughter had fewer uncomfortable feelings (e.g. scared, nervous, sad) about school how much easier would it be easier for them to go to school? |  |  |  |  |  |  |  |
| 18. If it were easier for your son/daughter to make new friends, would it be easier for them to go to school? |  |  |  |  |  |  |  |
| 19. How much easier would it be for your son/daughter to go to school if you or your partner went with them? |  |  |  |  |  |  |  |
| 20. How much easier would it be for your son/daughter to go to school if they could do more things they like to do after school (e.g. being with friends)? |  |  |  |  |  |  |  |
| 21. How much more does your son/daughter have uncomfortable feelings about school (e.g. scared, nervous, sad) compared to other people their age? |  |  |  |  |  |  |  |
| 22. How often does your son/daughter stay away from people at school compared to other pupils their age? |  |  |  |  |  |  |  |
| 23. How much more than most people their age would your son/daughter like to be at home with you or your family? |  |  |  |  |  |  |  |
| 24. How much more than most people their age would your son/daughter rather be doing fun things outside school? |  |  |  |  |  |  |  |

**How to score the School Attendance Difficulties Assessment Scales**

Record the rating given for each question in the table below. Add up the scores for each column and find the (mean) average by dividing the total by the number of questions (this will be 6 if all questions have been answered).

**Results**

**CYP Responses to questions Parent Responses to question**

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| **Column** | **1** | **2** | **3** | **4** | **1** | **2** | **3** | **4** |
|  | 1. | 2. | 3. | 4. | 1. | 2. | 3. | 4. |
|  | 5. | 6. | 7. | 8. | 5. | 6. | 7. | 8. |
|  | 9. | 10. | 11. | 12. | 9. | 10. | 11. | 12. |
|  | 13. | 14. | 15. | 16. | 13. | 14. | 15. | 16. |
|  | 17. | 18. | 19. | 20. | 17. | 18. | 19. | 20. |
|  | 21. | 22. | 23. | 24. | 21. | 22. | 23. | 24. |
| **Total** |  |  |  |  |  |  |  |  |
| **Mean** |  |  |  |  |  |  |  |  |
| **Rank** |  |  |  |  |  |  |  |  |

**The columns represent the 4 functions in order i.e.**

Column 1: Avoidance of school-based stimuli that provoke negative emotions e.g., anxiety or depression

Column 2: Avoidance of aversive social or evaluative situations in school e.g., bullying or social anxiety

Column 3: Pursuit of attention from significant others at home e.g., parent (including separation anxiety)

Column 4: Pursuit of tangible reinforcement or rewards outside of school e.g., watching television or shopping

The (mean) average scores generated allow you to see which of the functions are more or less relevant for the CYP in question. They can be ranked in order from highest to lowest, with the higher scores meaning they are more likely to be a function contributing to that pupil’s school attendance difficulties. Comparisons can also be made between CYP and parent/carer/family responses.

For further support with interpreting any assessment data and creating evidence-based hypotheses, please contact your Attendance Specialist or Quadrant SEND Inclusion & Psychology team.