



## Ontario Child Health Study Emotional Behavioural Scales: Parent Version (of youth 4-17)

The statements below describe some of the feelings and behaviours of children and youth. For each statement, please select the response that best describes your child **now** or **within the past 6 months**. You may only select one response.

	Never or not true	Sometimes or somewhat true	Often or very true		Never or not true	Sometimes or somewhat true	Often or very true
Afraid of doing things in front of others	0	1	2	Has broken into someone else's house, building or car	0	1	2
Angry and resentful	0	1	2	Has difficulty awaiting turn in games or groups	0	1	2
Anxious or on edge	0	1	2	Has nightmares about being separated from loved ones	0	1	2
Argues a lot with adults	0	1	2	Has trouble enjoying self	0	1	2
Avoids school because of fear of separation from loved ones	0	1	2	Impulsive or acts without thinking	0	1	2
Avoids social situations	0	1	2	Is nervous with people he/she doesn't know	0	1	2
Blames others for own mistakes	0	1	2	Loses temper	0	1	2
Can't concentrate, can't pay attention for long	0	1	2	Makes careless mistakes	0	1	2
Can't stay seated when required to do so	0	1	2	Nervous, high-strung or tense	0	1	2
Changes in appetite	0	1	2	Overly upset when leaving loved ones	0	1	2
Complains of feeling sick before separating from loved ones	0	1	2	Overtired or lacks energy	0	1	2
Cruelty, bullying or meanness to others	0	1	2	Runs away from home	0	1	2
Deliberately harms self or attempts suicide	0	1	2	Scared to go to sleep without parents being near	0	1	2
Destroys things belonging to his/her family or other children	0	1	2	Sets fires	0	1	2
Distractible, has trouble sticking to any activity	0	1	2	Stays out at night despite being told not to	0	1	2
Doesn't like to be with people he/she doesn't know	0	1	2	Steals outside the home	0	1	2
Easily annoyed by others	0	1	2	Talks about killing self	0	1	2
Fails to finish things he/she starts	0	1	2	Too fearful or anxious	0	1	2
Feels worthless or inferior	0	1	2	Trouble sleeping	0	1	2
Fidgets	0	1	2	Truancy, skips school	0	1	2
Finds it hard to stop worrying	0	1	2	Unhappy, sad or depressed	0	1	2
Gets anxious about meeting new people	0	1	2	Uses weapons when fighting	0	1	2
Gets back at people	0	1	2	When anxious, his/her mind goes blank	0	1	2
Gets in many fights	0	1	2	Worries about doing better at things	0	1	2
Gets no pleasure from usual activities	0	1	2	Worries that bad things will happen to loved ones	0	1	2
Has been physically cruel to others	0	1	2	Worries that something bad will cause separation from loved ones	0	1	2

## OCHS-EBS Scoring Instructions

The items are scored as follow: Never or not true=0, Sometimes or somewhat true=1, Often or very true=2.

**Individual disorder scale scores:** Item scores can be summed together for the following item sets to generate scale scores for the following seven disorders.

**Internalizing and Externalizing scale scores:** All externalizing and internalizing item scores can be summed together to generate scale scores for these two disorder groupings.

**Total scale score:** All 52 items can be summed together to generate a total score.

### Externalizing

#### Conduct Disorder (11 items)

Cruelty, bullying or meanness to others  
 Destroys things belonging to his/her family or other children  
 Gets in many fights  
 Has been physically cruel to others  
 Has broken into someone else's house, building or car  
 Runs away from home  
 Sets fires  
 Stays out at night despite being told not to  
 Steals outside the home  
 Truancy, skips school  
 Uses weapons when fighting

#### Opposition Defiant Disorder (6 items)

Angry and resentful  
 Argues a lot with adults  
 Blames others for own mistakes  
 Easily annoyed by others  
 Gets back at people  
 Loses temper

#### Attention Deficit Hyperactivity Disorder (8 items)

Can't concentrate, can't pay attention for long  
 Can't stay seated when required to do so  
 Distractible, has trouble sticking to any activity  
 Fails to finish things he/she starts  
 Fidgets  
 Has difficulty awaiting turn in games or groups  
 Impulsive or acts without thinking  
 Makes careless mistakes

### Internalizing

#### Major Depressive Disorder (9 items)

Changes in appetite  
 Deliberately harms self or attempts suicide  
 Feels worthless or inferior  
 Gets no pleasure from usual activities  
 Has trouble enjoying self  
 Overtired or lacks energy  
 Talks about killing self  
 Trouble sleeping  
 Unhappy, sad or depressed

#### Generalized Anxiety Disorder (6 items)

Anxious or on edge  
 Finds it hard to stop worrying  
 Nervous, high-strung or tense  
 Too fearful or anxious  
 When anxious, his/her mind goes blank  
 Worries about doing better at things

#### Separation Anxiety Disorder (7 items)

Avoids school because of fear of separation from loved ones  
 Complains of feeling sick before separating from loved ones  
 Has nightmares about being separated from loved ones  
 Overly upset when leaving loved ones  
 Scared to go to sleep without parents being near  
 Worries that bad things will happen to loved ones  
 Worries that something bad will cause separation from loved ones

#### Social Phobia/Social Anxiety Disorder (5 items)

Afraid of doing things in front of others  
 Avoids social situations  
 Doesn't like to be with people he/she doesn't know  
 Gets anxious about meeting new people  
 Is nervous with people he/she doesn't know

# Ontario Child Health Study

## Emotional Behavioural Scales: Youth Version (12-17)



The statements below describe some of the feelings and behaviours of young people. For each statement, please select the response that best describes you **now** or **within the past 6 months**. You may only select one response.

	Never or not true	Sometimes or somewhat true	Often or very true		Never or not true	Sometimes or somewhat true	Often or very true
I am afraid of doing things in front of others	0	1	2	I have broken into someone else's house, building or car	0	1	2
I am angry and resentful	0	1	2	I have difficulty awaiting my turn in games or groups	0	1	2
I am anxious or on edge	0	1	2	I have nightmares about being separated from loved ones	0	1	2
I argue a lot with adults	0	1	2	I have trouble enjoying myself	0	1	2
I avoid school because of fear of separation from loved ones	0	1	2	I act without stopping to think	0	1	2
I avoid social situations	0	1	2	I feel nervous with people I don't know well	0	1	2
I blame others for my own mistakes	0	1	2	I lose my temper	0	1	2
I have trouble concentrating or paying attention	0	1	2	I make careless mistakes	0	1	2
I can't stay seated when required to do so	0	1	2	I am nervous or tense	0	1	2
I have had a change in appetite	0	1	2	I get overly upset when leaving loved ones	0	1	2
I feel sick before separating from loved ones	0	1	2	I feel overtired or lack energy	0	1	2
I am mean to others	0	1	2	I run away from home	0	1	2
I deliberately try to hurt or kill myself	0	1	2	I am scared to go to sleep without my parents being near	0	1	2
I destroy things belonging to others	0	1	2	I set fires	0	1	2
I am easily distracted, have difficulty sticking to any activity	0	1	2	I stay out at night despite being told not to	0	1	2
I don't like to be with people I don't know well	0	1	2	I steal things from places other than home	0	1	2
I am easily annoyed by others	0	1	2	I think about killing myself	0	1	2
I fail to finish things I start	0	1	2	I am too fearful or anxious	0	1	2
I feel worthless or inferior	0	1	2	I have trouble sleeping	0	1	2
I fidget	0	1	2	I cut classes or skip school	0	1	2
I find it hard to stop worrying	0	1	2	I am unhappy, sad or depressed	0	1	2
I get anxious about meeting new people	0	1	2	I use weapons when fighting	0	1	2
I get back at people	0	1	2	When anxious, my mind goes blank	0	1	2
I get in many fights	0	1	2	I worry about doing better at things	0	1	2
I get no pleasure from usual activities	0	1	2	I worry that something bad will happen to loved ones	0	1	2
I have been physically cruel to others	0	1	2	I worry that something bad will cause separation from loved ones	0	1	2

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**Total scale score:** All 52 items can be summed together to generate a total score.

### Externalizing

#### Conduct Disorder (11 items)

- I am mean to others
- I destroy things belonging to others
- I get in many fights
- I have been physically cruel to others
- I have broken into someone else's house, building or car
- I run away from home
- I set fires
- I stay out at night despite being told not to
- I steal things from places other than home
- I cut classes or skip school
- I use weapons when fighting

#### Opposition Defiant Disorder (6 items)

- I am angry and resentful
- I argue a lot with adults
- I blame others for my own mistakes
- I am easily annoyed by others
- I get back at people
- I lose my temper

#### Attention Deficit Hyperactivity Disorder (8 items)

- I have trouble concentrating or paying attention
- I can't stay seated when required to do so
- I am easily distracted, have difficulty sticking to any activity
- I fail to finish things I start
- I fidget
- I have difficulty awaiting my turn in games or groups
- I act without stopping to think
- I make careless mistakes

### Internalizing

#### Major Depressive Disorder (9 items)

- I have had a change in appetite
- I deliberately try to hurt or kill myself
- I feel worthless or inferior
- I get no pleasure from usual activities
- I have trouble enjoying myself
- I feel overtired or lack energy
- I think about killing myself
- I have trouble sleeping
- I am unhappy, sad or depressed

#### Generalized Anxiety Disorder (6 items)

- I am anxious or on edge
- I find it hard to stop worrying
- I am nervous or tense
- I am too fearful or anxious
- When anxious, my mind goes blank
- I worry about doing better at things

#### Separation Anxiety Disorder (7 items)

- I avoid school because of fear of separation from loved ones
- I feel sick before separating from loved ones
- I have nightmares about being separated from loved ones
- I get overly upset when leaving loved ones
- I am scared to go to sleep without my parents being near
- I worry that something bad will happen to loved ones
- I worry that something bad will cause separation from loved ones

#### Social Phobia/Social Anxiety Disorder (5 items)

- I am afraid of doing things in front of others
- I avoid social situations
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