

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

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)

- 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
- I don't like to be with people I don't know well
- I get anxious about meeting new people
- I feel nervous with people I don't know well