

EMOTIONALLY BASED SCHOOL ABSENCE (EBSA) ASSESSMENT

CHILDREN AND YOUNG PEOPLE

People sometimes have different reasons for not going to school. Some people feel badly when they are at school, or when they are around other people. Some people want or need to be with their family, and others prefer to do things outside of school.

This form asks questions about why you find attending school difficult. This will help all of us understand how best to support you going forward.

For each question, pick one number that describes you best for the last few days. After you answer one question, go on to the next one. Don't skip any questions.

There are no right or wrong answers. Just pick the number that best fits the way you feel about going to school. Circle the number.

Here is an example of how it works. Try it. Circle the number that describes you best.

Example:

How often do you like to go shopping?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

Now go to the next page and being to answer the questions.

Name:

Age:

Date:

Please circle the answer that best fits the following questions:

1. How often do you have bad feelings about going to school because you are afraid of something related to school (for example, tests, school bus, teacher, fire alarm)?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

2. How often do you stay away from school because it is hard to speak with the other people at school?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

3. How often do you feel you would rather be with your parent / carer than go to school?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

4. When you are not in school during the week (Monday to Friday) how often do you leave the house and do something fun?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

5. How often do you stay away from school because you will feel sad or depressed when you go?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

6. How often do you stay away from school because you feel embarrassed in front of other people at school?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

7. How often do you think about your parents / carers or family when in school?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

8. When you are not in school during the week (Monday to Friday), how often do you talk to or see other people (other than your family)?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

9. How often do you feel worse at school (for example scared, nervous or sad) compared to how you feel at home with your friends?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

10. How often do you stay away from school because you do not have many friends there?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

11. How much would you rather be with your family than go to school?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

12. When you are not in school during the week (Monday to Friday), how much do you enjoy doing different things (for example being with friends, going places)?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

13. How often do you have bad feelings about school (for example, scared, nervous, or sad) when you think about school on a Saturday and Sunday?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

14. How often do you stay away from certain places in school (e.g. hallways, places where certain groups of people are) where you would have to talk to someone?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

15. How much would you rather be taught by your parents / carers at home than by your teacher at school?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

16. How often do you miss school because you want to have fun outside of school?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

17. If you had less bad feelings (for example, scared, nervous, sad) about school, would it be easier for you to go to school?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

18. If it were easier for you to make new friends would it be easier for you to go to school?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

19. Would it be easier to go to school if your parents / carers went with you?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

20. Would it be easier for you to go to school if you could do more things you like to do after school hours (for example being with friends)?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
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0	1	2	3	4	5	6
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21. How much more do you have bad feelings about school (for example, scared, nervous or sad) compared to other people your age?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

22. How often do you stay away from school compared to other people your age?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

23. Would you like to be at home with your parents / carers more than other people your age would?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

24. Would you rather be doing fun things outside of school more than most people your age?

Never	Seldom	Sometimes	Half the Time	Usually	Almost Always	Always
0	1	2	3	4	5	6

Questionnaire End

Scoring

	Function 1		Function 2		Function 3		Function 4	
	1.		2.		3.		4.	
	5.		6.		7.		8.	
	9.		10.		11.		12.	
	13.		14.		15.		16.	
	17.		18.		19.		20.	
	21.		22.		23.		24.	
Total Score	=		=		=		=	
Mean Score (TS/6)	=		=		=		=	
Relative Ranking	=		=		=		=	

Functions:

1. To avoid school-related objects and situations (stimuli) that provoke negative affectivity (symptoms of dread, anxiety, depression, and somatic complaints)
2. To escape aversive social and or evaluative situations at school
3. To receive or pursue attention from significant others outside of school
4. To pursue tangible rewards outside of school