

EMOTIONALLY BASED SCHOOL ABSENCE (EBSA) ASSESSMENT

PARENTS AND CARERS

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 begin to answer the questions.

Name:

Date:

Please circle the answer that best fits the following questions:

1. How often does your child have bad feelings about going to school because they 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 does your child stay away from school because it is hard for them 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 does your child feel they would rather be with you or your partner than go to school?

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

4. When your child is not in school during the week (Monday to Friday) how often do they 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 does your child stay away from school because they will feel sad or depressed if they go?

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

6. How often does your child stay away from school because they 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 does your child think about you, your partner or your family when in school?

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

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

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

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

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

10. How often does your child stay away from school because they 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 your child rather be with you or 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 your child is not in school during the week (Monday to Friday), how much do they 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 does your child have bad feelings about school (for example, scared, nervous, or sad) when they 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 does your child stay away from certain places in school (e.g. hallways, places where certain groups of people are) where they 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 your child rather be taught by you or your partner at home than by their teacher at school?

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

16. How often does your child miss school because they 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 your child had less bad feelings (for example, scared, nervous, sad) about school, would it be easier for them 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 your child to make new friends would it be easier for them 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 you or your partner went with them?

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

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

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

21. How much more does your child have bad feelings about school (for example, scared, nervous or sad) compared to other people their age?

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

22. How often does your child stay away from school compared to other people their age?

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

23. Would your child like to be at home with you or your partner more than other people their age would?

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

24. Would your child rather be doing fun things outside of school more than most people their 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