Timepoint: \_ 1. Holding \_ 2. Separation \_ 3. Induction 1 \_ 4. Induction 2

Activity

\_ 1. Looking around, curious, playing with toys, reading (or other age-appropriate behavior); moves around holding area/treatment room to get toys or go to parent; may move toward OR equipment.

\_ 2. Not exploring or playing, may look down, may fidget with hands or suck thumb (blanket); may sit close to parent while waiting

\_ 3. Moving from toy to parent in unfocused manner, non-activity derived movements; frenetic/frenzied movement or play; squirming, moving on table, may push mask away or clinging to parent

\_ 4. Actively trying to get away, pushes with feet and arms, may move whole body; in waiting room, running around unfocused, not looking at toys or will not separate from parent desperate clinging.

Vocalizations

\_ 1. Reading (nonvocalizing appropriate to activity), asking questions, making comments babbling, laughing, readily answers questions but may be generally quiet; child too young to talk in social situations or too engrossed in play to respond

\_ 2. Responding to adults but whispers, “baby talk,” only head nodding

\_ 3. Quiet, no sounds or responses to adults

\_ 4. Whimpering, moaning, groaning, silently crying

\_ 5. Crying, or may be screaming “No”

\_ 6. Crying, screaming loudly sustained

Emotional Expressivity

\_ 1. Manifestly happy, smiling, or concentrating on play

\_ 2. Neutral, no visible expression on face

\_ 3. Worried (sad) to frightened, sad, worried, or tearful eyes

\_ 4. Distressed, crying, extreme upset, may have wide eyes

State of Arousal

\_ 1. Alert, looks around occasionally, notices/watches what anesthesiologists does with him/her

\_ 2. Withdrawn child sitting still and quiet, may be sucking on thumb, or face turned into adult

\_ 3. Vigilant looking quickly all around, may startle to sounds, eyes wide, body tense

\_ 4. Panicked whimpering may be crying or pushing others away, turns away

Use of Parent

\_ 1. Busy playing, sitting idle, or engaged in age-appropriate behavior and doesn’t need parent; may interact with parent if parent initiates the interaction.

\_ 2. Reaches out to parent (approaches parent and speaks to otherwise silent parent), seeks and accepts comfort, may lean against parent

\_ 3. Looks to parents quietly, apparently watches actions, doesn’t seek contact or comfort accepts it if offered or clings to parent

\_ 4. Keeps parent at distance or may actively withdraw from parent, may push parent away or desperately clinging to parent and will not let parent go

Notes:

Each time point is scored separately. Typical administration is 4 time points

Scoring: Divide each item rating by the highest possible rating (i.e., 6 for the “vocalizations” item and 4 for all other items), add all of the produced values, divide by 5, and multiply by 100.

This produces a score ranging from 23.33 to 100, with higher values indicating higher anxiety.

Short form

Use of Parent items are omitted. May reduce to 2 time points.

Scoring: Divide each item rating by the highest possible rating (i.e., 6 for the “vocalizations” item and 4 for all other items), add all of the produced values, divide by 4, and multiply by 100.

This produces a score ranging from 22.92 to 100, with higher values indicating greater anxiety.

Reference:

Jenkins BN, Fortier MA, Kaplan SH, Mayes LC, Kain ZN. Development of a short version of the Modified Yale Preoperative Anxiety Scale. Anesthesia & Analgesia, 2014. 119(3), 643-650. DOI: 10.1213/ANE.0000000000000350