

# School Refusal Assessment Scale

## School Refusal Assessment Scale-Revised (C)

**Instructions:** Please rate each of the following items according to how frequently the statement applies to your reluctance to attend school, on a scale from **0 (Never)** to **6 (Almost Always)**. Do not skip any questions. There are no right or wrong answers, just pick the number that best fits your feelings about going to school.

**Respondent's Name:** Marly Bee

**Age:** 15

**Date:** 18th July 2023

1. How often do you have bad feelings about going to school because you are afraid of something related to school?

<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input checked="" type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
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2. How often do you stay away from school because it is hard to speak with the other kids at school?

<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input checked="" type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
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3. How often do you feel you would rather be with your parents than go to school?

<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input checked="" type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6
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4. When you are not in school during the week (Monday to Friday), how often do you leave the house and do something fun?

<input type="checkbox"/> 0	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input checked="" type="checkbox"/> 5	<input type="checkbox"/> 6
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School refusal assessment scale (SRAS) is a critical tool used by psychologists, educators, and mental health professionals to evaluate the reasons behind a child's reluctance or refusal to attend school. This phenomenon, often characterized by emotional distress, anxiety, or behavioral issues, can significantly impact a child's academic performance and social development. Understanding the underlying factors contributing to school refusal is essential for creating effective intervention strategies. The SRAS provides a structured approach to identifying these factors, allowing for tailored support and guidance for affected children and their families.

# Understanding School Refusal

School refusal refers to a child's refusal to attend school or difficulties remaining in school for an entire day. It is not simply a case of truancy; instead, it often stems from emotional, psychological, or environmental issues. Understanding the nuances of school refusal is crucial for effective intervention.

## Prevalence and Impact

- Prevalence: Estimates suggest that between 1% and 5% of school-aged children experience school refusal.
- Impact on Academic Performance: Chronic school refusal can lead to significant gaps in education, affecting a child's ability to keep up with peers.
- Social Consequences: Children who refuse school may miss out on critical social experiences, leading to isolation and difficulties in forming relationships.

## Causes of School Refusal

The reasons behind school refusal can vary widely and may include:

1. Anxiety Disorders: Conditions such as generalized anxiety disorder, social anxiety, or separation anxiety are common contributors.
2. Depression: Feelings of hopelessness or low self-worth can manifest as reluctance to attend school.
3. Bullying: Fear of bullying or previous traumatic experiences at school can lead to avoidance.
4. Family Issues: Changes in family dynamics, such as divorce or the illness of a family member, can create stress that impacts school attendance.
5. Learning Disabilities: Struggles with academic performance can erode a child's confidence, leading to avoidance.
6. Transition Challenges: Moving to a new school or progressing to a higher grade can trigger anxiety in some children.

## The School Refusal Assessment Scale (SRAS)

The School Refusal Assessment Scale is designed to help professionals assess the reasons behind a child's school refusal. It categorizes the reasons into four main functions, aiding in the identification of specific factors contributing to the behavior.

## Structure of the SRAS

The SRAS is a multi-dimensional assessment tool that includes:

- Parent and Teacher Versions: Recognizing that different perspectives can provide a comprehensive view of the child's behavior.

- Questionnaire Format: Designed to gauge various dimensions of school refusal through structured questions.

## **Four Functions of School Refusal Behavior**

The SRAS identifies four primary functions that may underlie school refusal:

1. Avoidance of Unpleasant Emotions: Many children refuse to attend school to avoid feelings of anxiety, fear, or sadness.
2. Escape from Social Situations: Children may refuse school to avoid social interactions that they find overwhelming or distressing.
3. Seeking Attention: Some children may refuse school to draw attention from parents or caregivers, particularly if they feel neglected.
4. Access to Reinforcements: In some cases, children might refuse school to gain access to rewards at home, such as video games or additional free time.

## **Administration of the SRAS**

Administering the SRAS requires careful consideration to ensure accurate results. Here's how it typically unfolds:

### **Step-by-Step Process**

1. Pre-Assessment Preparation:
  - Ensure that parents and teachers understand the purpose of the assessment.
  - Provide clear instructions on how to complete the questionnaire.
2. Distribution:
  - Provide both parent and teacher versions of the SRAS to gather a well-rounded perspective.
  - Ensure confidentiality to promote honest and open responses.
3. Completion:
  - Allow adequate time for respondents to reflect on their answers.
  - Encourage discussions between parents and teachers about the child's behavior if necessary.
4. Scoring and Interpretation:
  - Score the responses to identify patterns and high-risk areas.
  - Interpret the results in the context of the child's overall circumstances.

## **Interpreting Results**

In interpreting the results of the SRAS, practitioners should focus on:

- Identifying High-Risk Areas: Determine which functions of refusal behavior are most prominent.
- Developing a Profile: Create a comprehensive profile that includes emotional, social, and environmental factors.
- Formulating Recommendations: Use the insights gained to recommend appropriate interventions tailored to the child's needs.

# **Interventions Following SRAS Assessment**

Once the SRAS has been administered, and the results have been interpreted, it is crucial to develop an intervention plan. The following strategies are commonly employed:

## **Individualized Support Plans**

- Cognitive Behavioral Therapy (CBT): Helps children manage anxiety and develop coping strategies.
- Family Therapy: Addresses family dynamics that may contribute to school refusal.
- School-Based Interventions: Collaborating with teachers to create a supportive classroom environment.
- Gradual Exposure: Gradually increasing the child's time in school to reduce anxiety.

## **Collaboration and Communication**

- Regular Check-Ins: Maintain ongoing communication between parents, teachers, and mental health professionals.
- Support Groups: Encourage participation in support groups for both children and parents to share experiences and strategies.

## **Conclusion**

The School Refusal Assessment Scale is an invaluable tool in understanding and addressing school refusal behaviors in children. By systematically assessing the underlying causes, professionals can develop targeted interventions that not only support the child's return to school but also nurture their emotional and social development. With the right approach, children who struggle with school refusal can learn to navigate their fears and anxieties, ultimately leading to a more fulfilling educational experience. Effective communication, early intervention, and a comprehensive understanding of each child's unique situation are essential to fostering resilience and promoting positive educational outcomes.

## **Frequently Asked Questions**

### **What is the School Refusal Assessment Scale (SRAS)?**

The School Refusal Assessment Scale (SRAS) is a standardized tool designed to assess the reasons behind a child's refusal to attend school, evaluating factors such as anxiety, avoidance, and social influences.

### **How is the School Refusal Assessment Scale**

## administered?

The SRAS is typically administered through questionnaires that can be filled out by parents, teachers, and the child, providing a comprehensive view of the child's school attendance behaviors and motivations.

## What are the main components measured by the SRAS?

The main components measured by the SRAS include emotional distress associated with school, the child's perception of school safety, social dynamics, and potential negative reinforcement from staying home.

## Who can benefit from using the School Refusal Assessment Scale?

Parents, educators, and mental health professionals can benefit from using the SRAS to identify specific issues related to school refusal, enabling targeted interventions and support strategies.

## What are common interventions recommended after an SRAS assessment?

Common interventions following an SRAS assessment may include cognitive-behavioral therapy, family counseling, gradual exposure to the school environment, and collaboration with teachers to create a supportive learning atmosphere.

## How does the SRAS help differentiate between types of school refusal?

The SRAS helps differentiate between types of school refusal by categorizing the reasons for avoidance, such as anxiety-related issues, social fears, or academic pressures, allowing for more tailored treatment approaches.

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Struggling with school refusal? Discover how the School Refusal Assessment Scale can help identify causes and guide interventions. Learn more today!

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