



Deenz Separation Anxiety Scale Questionnaire

Instructions

Deenz Separation Anxiety Scale contains 30 items rated on a 6-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Strongly Disagree (1)	Disagree (2)	Neutral (3)	Agree (4)	Strongly Agree (5)
1	I worry about being separated from people I love.	☐	☐	☐	☐	☐
2	I feel physically sick when someone close to me leaves.	☐	☐	☐	☐	☐
3	I check in often just to make sure people are okay.	☐	☐	☐	☐	☐
4	The idea of being alone makes me anxious.	☐	☐	☐	☐	☐
5	Being alone fills me with dread.	☐	☐	☐	☐	☐
6	I need to know where the people close to me are.	☐	☐	☐	☐	☐
7	I worry that loved ones will get hurt while they're away.	☐	☐	☐	☐	☐
8	Separation makes it hard for me to eat or sleep.	☐	☐	☐	☐	☐

#	Statement	Strongly Disagree (1)	Disagree (2)	Neutral (3)	Agree (4)	Strongly Agree (5)
9	I avoid situations where I'd have to be alone.	☐	☐	☐	☐	☐
10	I dread traveling by myself.	☐	☐	☐	☐	☐
11	My heart races when I lose touch with someone close.	☐	☐	☐	☐	☐
12	I send several messages in a row if I don't hear back.	☐	☐	☐	☐	☐
13	I worry no one will be there for me if I'm alone.	☐	☐	☐	☐	☐
14	Being away from home makes me feel unsafe.	☐	☐	☐	☐	☐
15	I'd rather stay home than go somewhere alone.	☐	☐	☐	☐	☐
16	I worry about losing touch with people in the future.	☐	☐	☐	☐	☐
17	I feel physically tense when I'm away from my support system.	☐	☐	☐	☐	☐
18	I'm fine spending a long stretch of time away from people I'm close to.	☐	☐	☐	☐	☐
19	I get nervous planning trips without my family.	☐	☐	☐	☐	☐
20	I panic when I'm left on my own.	☐	☐	☐	☐	☐
21	I try to stay physically close to the people I love.	☐	☐	☐	☐	☐

#	Statement	Strongly Disagree (1)	Disagree (2)	Neutral (3)	Agree (4)	Strongly Agree (5)
22	I worry that distance will weaken my relationships.	☐	☐	☐	☐	☐
23	It's hard to breathe when I'm saying goodbye to someone.	☐	☐	☐	☐	☐
24	I ask for constant updates when someone I love is traveling.	☐	☐	☐	☐	☐
25	I'm afraid of losing contact with the people who matter to me.	☐	☐	☐	☐	☐
26	My mind races with bad thoughts when I'm by myself.	☐	☐	☐	☐	☐
27	I feel a strong urge to follow loved ones when they leave.	☐	☐	☐	☐	☐
28	It worries me when someone I love mentions moving away.	☐	☐	☐	☐	☐
29	I feel physically drained when I'm separated from loved ones.	☐	☐	☐	☐	☐
30	I rely on others to come with me for everyday errands.	☐	☐	☐	☐	☐

Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

Reverse-Scored Items

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Reverse Scoring Formula

0 → 5

1 → 4

2 → 3

3 → 2

4 → 1

5 → 0

Dimension Scoring Keys

Dimension	Items	Number of Items
Anticipatory Distress	1, 4, 7, 10, 13, 16, 19, 22, 25, 28	10
Somatic & Cognitive Panic	2, 5, 8, 11, 14, 17, 20, 23, 26, 29	10
Proximity Seeking	3, 6, 9, 12, 15, 18, 21, 24, 27, 30	10

Raw Score Ranges

Scale	Items	Possible Range
Anticipatory Distress	10	0–50
Somatic & Cognitive Panic	10	0–50
Proximity Seeking	10	0–50
Overall Score	30	0–150

Source

DM Dar. Development and Validation of the Deenz Separation Anxiety Scale (DSAS-30). DrDeenz Psychometrics Lab. July, 2026.

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Interactive Version: [Deenz Separation Anxiety Scale](#)