

CABI

Classification of items

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|---|----------------------|
| 1. Your son/daughter often complains about some physical discomfort | Somatic |
| 2. He is excessively worried about illnesses and/or that he will get ill | Illness anx. |
| 3. He finds it difficult to fall asleep or says he does not sleep well. | Sleep |
| 4. His sleep is disturbed by nightmares or waking up during the night | Sleep |
| 5. He appears tense and/or anxious | Anxiety/tension |
| 6. He tends to worry about everything | Anxiety/apprehension |
| 7. He worries about school too much | Anxiety /school |
| 8. It is hard for him to be separated or far from his parents | Separation anxiety |
| 9. He is excessively shy | Social anxiety |
| 10. He is usually embarrassed around strangers or people he does not know very well | Social anxiety |
| 11. He is excessively afraid of something (e.g dark, be alone, insects, thieves.) | Phobias |
| 12. He is excessively afraid of dirt, so he has to wash continually | Mysophobia |
| 13. There are repetitive actions or "rituals" that he frequently repeats and he says he cannot help doing them | Compulsions |
| 14. He has an obsessive need for things to be in a precise order | Compulsions |
| 15. He is obsessed by unpleasant thoughts and cannot free himself from them | Obsessions |
| 16. He is very afraid of making mistakes | Insecurity |
| 17. It is hard for him to make decisions, even about unimportant things | Insecurity |
| 18. Has he ever been involved in or witnessed particularly stressful events, after which his behaviour changed in some way? If so, indicate what behavioural changes occurred after the event | PTS |
| 19. He cries for no reason or about unimportant things | Depr. Mood |
| 20. He often seems sad | D. Mood |
| 21. He is often in a black mood ("depressed" mood) | D. Mood |
| 22. He says or shows that he is not happy | D. Mood |
| 23. He shows no interest, not even in pleasant things | D. Lack of interest |
| 24. He feels inferior to others; he has low self-esteem | D. Self esteem |
| 25. He is often tired or listless; everything exhausts him | D. Abulia |
| 26. He blames himself too much | D. Guilt |
| 27. He has sometimes said he does not want to live any longer | D. Suicide |
| 28. He has hurt himself or tried to hurt himself | D. Suicide |
| 29. He is very irritable | (D/OD) Irritability |
| 30. He often gets angry, even about unimportant things | (D/OD) Irritability |

31. He has frequent, abrupt mood changes	(D/OD) Irritability
32. He is quick-tempered and has fits of anger	(D/OD) Irritability
33. He does not obey and it is difficult to make him obey	Oppositional defiant
34. He does not follow the rules	Oppositional defiant
35. He often tells lies or cheats	Oppositional defiant
36. He is domineering and always wants to assert himself	Oppositional defiant
37. He quarrels frequently.	Oppositional defiant
38. He bothers and intentionally annoys others	Oppositional defiant
39. He often hits people	Conduct dis.
40. He destroys things	Conduct dis.
41. He is or has been cruel to animals or people	Conduct dis.
42. He has committed petty theft	Conduct dis.
43. He is impulsive and acts before thinking	Impulsivity
44. He tends not to take turns when he is playing	Impulsivity
45. He interrupts, disturbing games and others' conversations	Impulsivity
46. He is always moving around and cannot stay still	Hyperactivity
47. He cannot sit down for a long time but has to get up	Hyperactivity
48. He runs and jumps everywhere in an exaggerated way	Hyperactivity
49. He has trouble concentrating while doing his homework	Attention
50. He has trouble paying attention to something for a long period	Attention
51. He gets tired very quickly even when he is playing	Attention
52. He feels persecuted	Reality testing
53. He is overly suspicious	Reality testing
54. Sometimes he has strange ideas	Reality testing
55. Sometimes he says he sees or hears things that are not there	Reality testing
56. He has difficulty in relating to and interacting with others	Relationships
57. He cannot make real friends or does not seem interested in doing so	Relationships
58. He does not play willingly with his peers	Relationships
59. He does not seem to express emotions using appropriate facial expressions	Relationships
60. His behaviour is "strange", unlike that of his peers	Relationships
61. He asks inappropriate questions, like overly-personal questions to strangers at inopportune times.	Relationships
62. He sometimes wets the bed	Enuresis
63. He sometimes dirties his pants during the day	Encopresis

64. He stuffs himself with food	Bulimia
65. He keeps to a strict diet (not prescribed by a doctor or dietician)	Anorexia
66. He feels too fat or says that parts of his body are too fat	Anorexia
67. He has recently lost a lot of weight	Anorexia
68. He appears to be overly interested in sex	Sex
69. He shows he would like to be of the opposite sex	Sex
70. He smokes	Subst.abuse
71. He drinks alcohol	Subst.abuse
72. He uses drugs (smokes hashish or other dangerous substances)	Subst.abuse
73. He does not do well at school	School
74. He has recently done much less well at school	School
75. His classmates or other children make fun of him, threaten or mistreat him	Bullying

Items 1 to 28: internalizing problems.

Items 33 to 42 externalizing problems and 43 to 51 attention-deficit hyperactivity problems.

The complete CABI questionnaire is reported with open access in Cianchetti et al. *Clinical Practice & Epidemiology in Mental Health*, 2013;9: 51–61, corrected in *Clinical Practice & Epidemiology in Mental Health*, 2019;15: 44–48.

Otherwise it can be requested to the author at cianchet@unica.it.

Moreover, an electronic version with .xls data collection and scoring is available for free on request.