

Appendix A

Identification of Students at risk of Anxiety-based School Avoidance

There is a complex pattern of causes that surround school avoidance behaviour and each student will have a unique situation where support will need to be personalised. The research however indicates a number of interlinking factors that are common causes and from this, it has been possible to develop a set of statements that when looked at overall, may support thinking in relation to how at risk a student may be of school avoidance. To use this tool, look at the statements and identify whether the student is 'never', 'sometimes' or 'often' for each. High numbers of responses in the sometimes and often columns indicate a higher risk of anxiety based school avoidance.

Has the student...	Never	Sometimes	Often
Attendance			
Demonstrated a reluctance to leave the house in the mornings			
Been late for school			
Missed lessons or truanting			
Been absent for parts of the day			
Been absent for whole days			
Patterns of Work			
Appeared disengaged and or not confident with learning tasks			
Shown reluctance to contribute to class discussions			
Failed to produce homework			
Made limited progress			
Been identified as having learning difficulties			
Peer Relationships			
Fallen out with friends			
Shown poor social communication skills			
Been bullied			
Appeared isolated			
Avoided interactions with peers			
Adult Relationships			
Been unwilling to talk to adults about a problem			
Shown reluctance to engage with teacher support			
Spoken negatively about teachers in the school			
Shown a perception that they dislike most staff			
Had confrontations with school staff			
School Belonging			
A reluctance to engage with school activities			
Distanced themselves from school activities			
Expressed that they do not like school			
Reluctance to attend school trips			
Personal			
Appeared to have low confidence			
Demonstrated a low self-esteem			
Been shy, quiet or passive			
Seemed withdrawn or shown feelings of low mood			
Appeared anxious, tearful or tense			

Demonstrated aggressive outbursts			
Demonstrated obsessive behaviours (e.g. overly tidy, having set routines)			
Physical			
Had a serious illness or have a medical condition			
Complained of sickness			
Complained of headaches			
Had rapid weight gain or loss			
Had changes in eating habits			
Shown physical symptoms of anxiety (e.g. sweating, fast heart rate)			
Environmental			
Had a major transition			
Attended a small primary school			
Had a deterioration in family relationships			
Had family members avoiding school			
Illness or bereavement of friend/family member			
Been exposed to domestic violence			
Shown separation anxiety			
Been the victim of abuse			
Had a change to home circumstances			