

CHILDREN & ADOLESCENTS RISK SCREENER

CARS Parent Report for K-3rd Grade Learners
(CARS-PR:K-3)¹

Parent Report	K-3
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Control No.: _____

Petsa/ Date _____ Ang iyong Relasyon sa Bata/Your Relationship to Child
_____ Ama/Father
_____ Nanay/Mother
_____ Tagapagalaga/Guardian

Araw ng kapanganakan ng Bata/ Birth date _____
Buwan /Month Araw/Day Taon/ Year

Paaralan ng Bata/ School _____

Antas ng Bata/ Grade Level _____ Edad ng Bata/Age _____ Kasarian ng Bata/Gender _____

Paano Markahan ang iyong mga Tugon/ How to Mark Your Responses:

Aytem/Item	Hindi Kailanman/ Never 0 <i>Walang nangyari sa nakaraang buwan o walang alam sa nangyayari</i> (No occurrence or incident in the past month, or no knowledge of the behavior occurring)	Bihira/ Rarely 1 <i>Isang beses lang na nangyari sa nakaraang buwan</i> (One occurrence or incident in the past month)	Paminsan-minsan/ Occasionally 2 <i>Dalawang beses lang na nangyari sa nakaraang buwan</i> (Two occurrences or incidents in the past month)	Madalas/ Often 3 <i>Tatlo hanggang apat na beses na nangyari sa nakaraang buwan.</i> (3-4 occurrences or incidents in the past month)	Palagi/ Always 4 <i>Limang beses o higit pa na nangyari sa nakaraang buwan.</i> (5 or more occurrences or incidents in the past month)
Madaling mabalisa Is easily upset		✓			

Panuto:
Narito ang mga aytem na naglalarawan kung paano maaaring kumilos ang mga bata na nasa kinder hanggang ikatlong baitang. Basahing mabuti ang mga pangungusap. Piliin ang sagot na higit na naglalarawan kung gaano kadalas ipinakita ng iyong anak na nasa kinder, una, ikalawa, o ikatlong baitang ang nasabing kilos o gawain sa nakaraang buwan. Lagyan ng tsek ng iyong napiling sagot. Ang mga pagpipilian ay:

Hindi Kailanman Bihira Paminsan-minsan Madalas Palagi

Siguraduhing nasagutan mo ang bawa't tala o aytem. Walang tama o maling sagot. Kung ikaw ay hindi sigurado sa iyong isasagot, subukang sagutan ang aytem sa pamamagitan ng pagtanyta. Ang sagot na "Hindi Kailanman" ay maari na nangangahulugang "hinding-hindi" ipinamalas ng iyong anak ang isang gawain, o nangangahulugan lamang na hindi mo alam kung ito ay nangyayari.

Instructions:
This form contains items that describe how children in the K-3rd grades may use to describe how they think, feel and act. Please read each phrase carefully, then select the response option that best describes how often your child has engaged in the behavior within 3-4 weeks. Put a check in the space that corresponds to your response on the following options:

Never Rarely Occasionally Often Always

Please mark every item. There are no right or wrong answers. If you do not know or unsure of your response, give your

¹ This form is drawn from the CARS Manual, as used in the DepEd's Training of Trainers on Mental Health Assessment, in partnership with the Unilab Foundation. Please note that the CARS is intended exclusively for use by trained service users. The use of this form for S.Y. 2025-2026 shall be guided by the DepEd Memorandum 50 Series of 2025.

best estimate. A “Never” response may mean that your child “never” engages in a behavior or that you have no knowledge of that behavior occurring.

Before responding to all the items, make sure you completed the questions about the demographic information about your child above.

Aytem/Item	Hindi Kailanman /Never 0 Walang nangyari sa nakaraang buwan o walang alam sa nangyayari (No occurrence or incident in the past month, or no knowledge of the behavior occurring)	Bihira/ Rarely 1 Isang beses lang na nangyari sa nakaraang buwan (One occurrence or incident in the past month)	Paminsan-minsan/ Occasionally 2 Dalawang beses lang na nangyari sa nakaraang buwan (Two occurrences or incidents in the past month)	Madalas/ Often 3 Tatlo hanggang apat na beses na nangyari sa nakaraang buwan. (3-4 occurrences or incidents in the past month)	Palagi/ Always 4 Limang beses o higit pa na nangyari sa nakaraang buwan. (5 or more occurrences or incidents in the past month)
1. Nakikipagaway sa ibang estudyante Fights with other students					
2. Malungkot or hindi masaya Feels sad or unhappy					
3. Hirap tumanggap ng pagkatalo Has difficulty accepting defeat					
4. Nakikitaan ng kawalan ng gana sa pagaaral Shows lack of interest in studying					
5. Naninigaw ng ibang tao kapag galit Yells at others when angry					
6. Madaling magbago ang mood. Changes mood easily					
7. Naninisi ng iba Blames others					
8. Hindi sumasali sa mga gawain sa klase Does not participate in class activities					
9. Ginagamit ang pag-aari ng iba ng walang paalam Uses others' things without asking permission					
10. Madaling madismaya Is easily frustrated/disappointed					
11. Hindi nagbibigay o nagpapahiram ng gamit sa iba Does not share things					
12. Hindi regular na pumapasok sa klase Does not attend classes regularly					
13. Hirap magfocus Has difficulty paying attention					

14. <i>Masyadong matatakutin</i> Is excessively fearful					
15. <i>Nahihirapang panatilihin ang kanyang mga kaibigan</i> Has difficulty keeping friend					
16. <i>Nahihirapang intindihin ang mga aralin</i> Finds it hard to understand the lessons					
17. <i>Madaling sumuko sa mga mahihirap na gawain</i> Gives up easily on difficult tasks					
18. <i>Hirap mag-relax o kumalma</i> Finds it hard to relax/calm down					
19. <i>Nahihirapang magbigay ng mga positibong kumento</i> Finds it hard to make positive comments					
20. <i>Pumapasok nang hindi handa para sa mga aralin</i> Comes to school unprepared for the lessons					
21. <i>Hirap sumunod sa instructions</i> Has difficulty following instructions					
22. <i>Nagsasabing "ramdam kong wala akong kwenta o halaga"</i> Says, "I feel worthless."					
23. <i>Tumatangging magbigay ng tulong sa mga taong humihingi nito</i> Refuses requests to help others					
24. <i>Hindi natatapos ang mga seatwork sa nakatakdang oras</i> Does not finish his/her class seatworks or assignments on time					

PAALALA: Ibalik sa envelope o lagayan ng modules na nakatupi at naka selyo gamit ang tape o stapler.

-----Cut this part for your Reference if you need to call your Guidance Designate/ Coordinator/ Counselor later-----

Control No.: _____

Maari kang tumawag sa: _____ (Guidance Designates' Name and Number)

O mag-email o bisitahin kami sa FB page: _____