# CHILDREN & ADOLESCENTS RISK SCREENER

## CARS Learner Report for 9th-12th Grade Learners

## (CARS-LR:9-12)[1]

| Learner Report | 9-12 |
|---|---|

*Control No.:* _____

*Petsa*/ Date ____ *Araw ng Kapanganakan/*Birth date _____
Bu*wan* /Month *Ar*aw/Day *Taon*/Year

*Paaralan* /School _____

*Antas*/Grade Level _____ *Edad*/Age_____ *Kasarian*/Gender _____

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

| **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/* Alway s 4** *Limang beses o higit pa na nangyari sa nakaraang buwan.* (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 mag-isip, makaramdam, at kumilos ang mga estudyante na nasa ika-siyam hanggang ika-labing dalawa baitang. Basahing mabuti ang bawat pangungusap. Piliin ang sagot na higit na naglalarawan ng iyong sarili. Lagyan ng tsek ang iyong napiling sagot. Ang mga pagpipilian ay:*

*Hindi Kailanman* *Bihira* *Paminsan-minsan* *Madalas* *Palagi*

*Siguraduhing markahan ang bawat tala o aytem kahit na mahirap pumili ng sagot. Walang tama o maling sagot, ngunit mahalaga na ang iyong sagot ay tapat at totoo.*

**Instructions:**

This form contains items that describe how 9th-12th grade learners may use to describe how they think, feel, and act. Please read each sentence carefully, then select the response option that best describes yourself by putting a check mark 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 best estimate. A "Never" response may mean that you "never" engage in a behavior, or that you have no knowledge of that behavior occurring.

Before responding to all the items, make sure you complete some of the demographic information about you.

[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.

| **Aytem/Item** | ***Hindi Kailanman* / Never 0**<br>*Walang nangyari sa nakaraang buwan o walang alam sa nangyayari*<br><br>(No occurrence or incident in the past month, or no knowledge of the behavior occurring) | ***Bihira*/ Rarely 1**<br>*Isang beses lang na nangyari sa nakaraang buwan*<br><br>(One occurrence or incident in the past month**)** | ***Paminsan-minsan*/ Occasionally 2**<br>*Dalawang beses lang na nangyari sa nakaraang buwan*<br><br>(Two occurrences or incidents in the past month) | ***Madalas*/ Often 3**<br>*Tatlo hanggang apat na beses na nangyari sa nakaraang buwan.*<br><br>**(**3-4 occurrences or incidents in the past month) | ***Palagi*/ Always 4**<br>*Limang beses o higit pa na nangyari sa nakaraang buwan.*<br><br>(5 or more occurrences or incidents in the past month) |
|---|---|---|---|---|---|
| 1. *Nambu-bully ako ng ibang tao.*<br>I bully others. | | | | | |
| 2. *Nalulungkot ako.*<br>I feel sad and /or unhappy. | | | | | |
| 3. *Hirap ako tumanggap ng pagkatalo.*<br>I find it difficult to accept defeat. | | | | | |
| 4. *Hindi ako interesadong mag-aral.*<br>I am not interested in studying. | | | | | |
| 5. *Ginagamit ko ang pag-aari ng iba ng walang paalam.*<br>I use other things without getting permission. | | | | | |
| 6. *Madaling magbago ang aking mood.*<br>My mood changes easily. | | | | | |
| 7. *Sinisisi ko ang iba dahil sa aking mga pagkakamali.*<br>I blame others for my mistakes. | | | | | |
| 8. A*yaw kong sumali sa mga gawain sa klase.*<br>I do not participate in class activities. | | | | | |
| 9. *Hindi ako mapakali.*<br>I am uneasy or restless (i.e. fidgety). | | | | | |
| 10. *Madali akong mainis o madismaya..*<br>I am easily frustrated or disappointed. | | | | | |
| 11. *Hindi ako nagbibigay o nagbabahagi ng gamit sa iba.*<br>I do not share my things. | | | | | |
| 12. *Di ako pumapasok nang regular sa klase.*<br>I do not attend classes regularly. | | | | | |
| 13. *Madali akong mawala sa focus.*<br>I am easily distracted. | | | | | |
| 14. *Kulang ang kumpyansa ko sa aking sarili.*<br>I lack self-confidence. | | | | | |
| 15. *Nahihirapan akong panatiliin ang aking mga kaibigan.*<br>I find it difficult to maintain friendships. | | | | | |
| *16. Nahihirapan akong intindihin ang mga aralin.*<br>I find it hard to understand the lessons. | | | | | |
| 17. *Nahihirapang akong mag-concentrate.*<br>I have trouble concentrating. | | | | | |
| 18. *Ramdam kong kulang ako.*<br>I feel inadequate. | | | | | |

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|---|---|---|---|---|---|
| 19. *Nahihirapang akong magbigay ng mga positibong kumento.* I find it hard to make positive comments. | | | | | |

| | | | | | |
|---|---|---|---|---|---|
| 20. *Pumapasok ako sa klase na hindi handa para sa mga aralin.* I come to school unprepared for the lessons. | | | | | |
| 21. *Madali akong sumuko sa mga mahihirap na gawain.* I easily give up on difficult task. | | | | | |
| 22. *Masyado akong matatakutin.* I am excessively fearful. | | | | | |
| 23. *Tumatanggi akong magbigay ng tulong sa mga taong humihingi nito.* I refuse others requests for help. | | | | | |
| *24. Hindi ko natatapos ang aking mga seatwork sa nakatakdang oras*. I don't finish my class assignment on time. | | | | | |
| *25. Sa nakaraang buwan, naisip kong saktan ang sarili ko.* In the past month, I had thoughts of hurting myself. | Yes (*Oo*)_ No *(Hindi)* ___ | | | | |

***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: _____