https://dimensions.covwarkpt.nhs.uk/ click on the use dimension tab at the top.
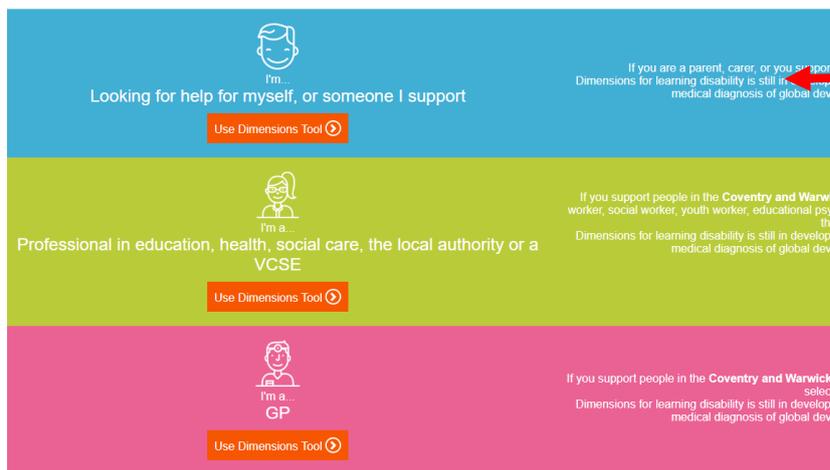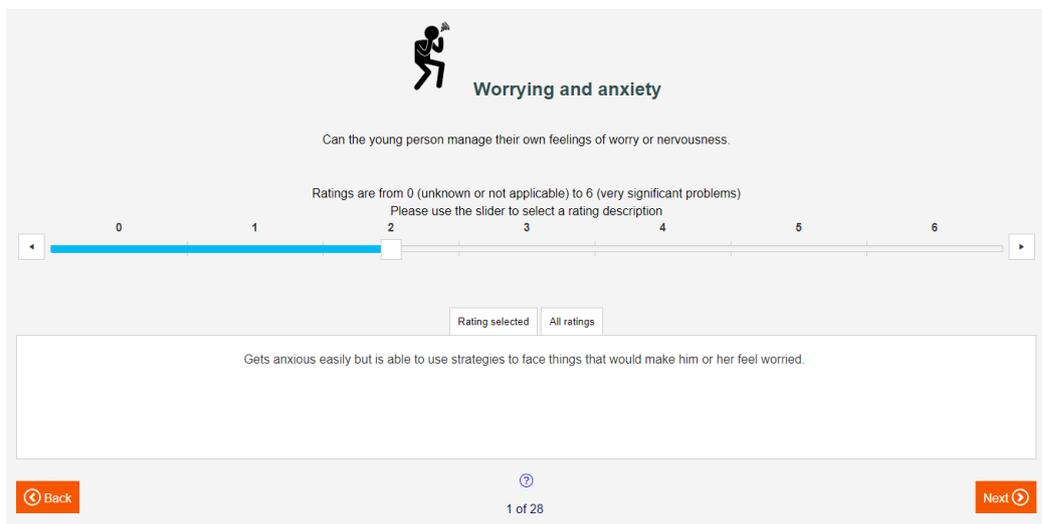

Parent option

Select the parent option then work your way through the questions by clicking on the graded numbers to reveal the statement answers for each. Click on the best fit answer for your child and press next to continue to the next question. At the end of the session, save the report.

When you have finished answering the questions you will need to save the report (see the green button on the image below) by downloading the Pdf document that is generated and saving on your device. If no Pdf document appears as a download at the bottom of your screen, please check that you have allowed popups. The following link will show you how to change this within your settings. https://www.wikihow.com/Allow-Pop%E2%80%93ups

The saved document will include a record of the statements your selected, alongside a graph (green- within normal ranges, yellow- requires some support, red- requires a high level of support). There are blue highlighted links you can click that will list resources available to support this area.
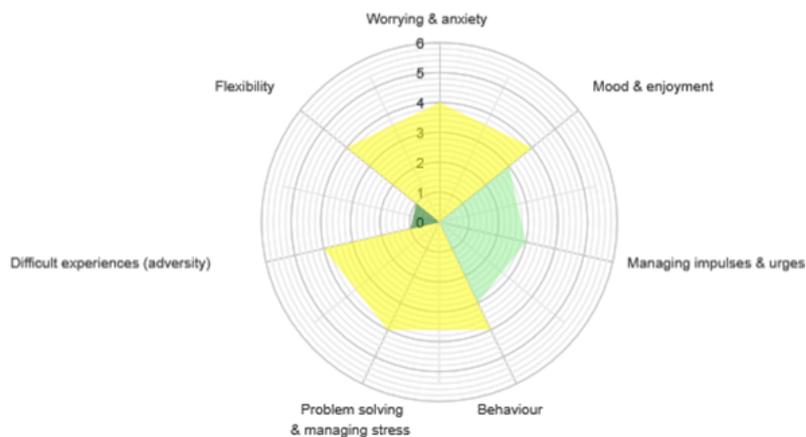
Worrying & anxiety: Level 4
Gets very anxious regularly and often during a week. Some anxiety may be related to particular situations (such as going to school). The child relies on adults to help manage their feelings and calm down. Anxiety may lead to panic, crying, running away from the situation or lashing out at people nearby.

Worrying and anxiety selfcare

Overcoming your child s fears and worries

Managing anxiety in ASD

Intervention Obsessive compulsive disorder group over 12 years

Intervention Anxiety group over 12 yrs