

Fear of Communicating

Instructions: This set of questions asks you about how you feel while communicating using **E-Mail**. If you have never used E-mail, please leave this section blank. Work quickly and indicate your first impression. Please indicate the degree to which each statement applies to you by marking whether you:

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

- _____ 1. When communicating using e-mail, I feel tense.
- _____ 2. When communicating using e-mail, I feel calm.
- _____ 3. When communicating using e-mail, I feel jittery.
- _____ 4. When communicating using e-mail, I feel nervous.
- _____ 5. When communicating using e-mail, I feel relaxed.

Instructions: This set of questions asks you about how you feel while communicating in online **chat rooms, IRCs, or MUDDS**. If you have never used chat rooms, IRCs, or MUDDS, please leave this section blank. Work quickly and indicate your first impression. Please indicate the degree to which each statement applies to you by marking whether you:

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

- _____ 1. When communicating in a chat room, IRC, or MUDD, I feel tense.
- _____ 2. When communicating in a chat room, IRC, or MUDD, I feel calm.
- _____ 3. When communicating in a chat room, IRC, or MUDD, I feel jittery.
- _____ 4. When communicating in a chat room, IRC, or MUDD, I feel nervous.
- _____ 5. When communicating in a chat room, IRC, or MUDD, I feel relaxed.

Instructions: This set of questions asks you about how you feel while communicating using **Internet Messaging Programs like AOL Instant Messenger, Yahoo Messenger, or MSN Messenger**. If you have never used Internet Messaging Programs, please leave this section blank. Work quickly and indicate your first impression. Please indicate the degree to which each statement applies to you by marking whether you:

Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	2	3	4	5

- _____ 1. When communicating using an internet messaging program, I feel tense.
- _____ 2. When communicating using an internet messaging program, I feel calm.

- _____ 3. When communicating using an internet messaging program, I feel jittery.
- _____ 4. When communicating using an internet messaging program, I feel nervous.
- _____ 5. When communicating using an internet messaging program, I feel relaxed.

Wrench, J. S., & Punyanunt-Carter, N. M. (2007). The relationship between computer-mediated-communication competence, apprehension, self-efficacy, perceived confidence, and social presence. *Southern Journal of Communication*, 72, 355-378.