

Generalized Apprehension Scale

Instructions: The following pairs of adjectives are designed to measure how you feel when communicating with ADD CONTEXT OR PERSON. Numbers “1” and “7” indicate a very strong feeling. Numbers “2” and “6” indicate a strong feeling. Numbers “3” and “5” indicate a fairly weak feeling. Number “4” indicates you are undecided or do not understand the adjectives themselves.

1.	Safe	1	2	3	4	5	6	7	Uneasy
2.	Peaceful	1	2	3	4	5	6	7	Fearful
3.	Flustered	1	2	3	4	5	6	7	Organized
4.	Peaceful	1	2	3	4	5	6	7	Disturbed
5.	Anxious	1	2	3	4	5	6	7	Calm
6.	Uneasy	1	2	3	4	5	6	7	Sure
7.	Self-Assured	1	2	3	4	5	6	7	Unsure
8.	Ruffled	1	2	3	4	5	6	7	Unruffled
9.	Nervous	1	2	3	4	5	6	7	Composed
10.	Apprehensive	1	2	3	4	5	6	7	Non-Apprehensive

This scale is based largely on the Situational Communication Apprehension Measure (SCAM), but instead of using a Likert Scale this measure employs a semantic differential scale with a seven step answer scheme.

Source:

Punyanunt-Carter, N. M., Wrench, J. C., Corrigan, M. W., & McCroskey, J. C. (2008). An examination of reliability and validity of the Religious Communication Apprehension Scale. *Journal of Intercultural Communication Research*, 37, 1-15.

SCAM Reference:

Richmond, V. P., & McCroskey, J. C. (1998). *Communication apprehension, avoidance and effectiveness* (5th Ed.). Boston: Allyn & Bacon.