

Test Anxiety Measure

DIRECTIONS: This form is composed of statements regarding your feelings of tension and stress (anxiety) in taking a test. After each statement circle the number which best describes your feelings. Think back to your most recent test on which you experienced tension and stress. Work quickly and don't spend much time on any one question. Your first impression of each question is most important. Read each statement and circle the number that best describes how you generally feel.

KEY: (1) Rarely or Never (2) Infrequently (3) Occasionally
 (4) Frequently (5) Always or Almost Always

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|---|---|---|---|---|------|---|
| 1 | 2 | 3 | 4 | 5 | 1. | While preparing for taking a test, I feel tense and nervous. |
| 1 | 2 | 3 | 4 | 5 | 2. | I feel tense when I see the word "quiz" and "test" on a course outline when studying. |
| 1 | 2 | 3 | 4 | 5 | 3. | My thoughts become confused and jumbled when I am taking a test. |
| 1 | 2 | 3 | 4 | 5 | *4. | Right after taking a test I feel that I have had a pleasant experience. |
| 1 | 2 | 3 | 4 | 5 | 5. | I get anxious when I think about a test coming up. |
| 1 | 2 | 3 | 4 | 5 | *6. | I look forward to taking a test. |
| 1 | 2 | 3 | 4 | 5 | 7. | When the instructor announces an upcoming test in class, I can feel myself getting tense. |
| 1 | 2 | 3 | 4 | 5 | 8. | My hands tremble when I am taking a test. |
| 1 | 2 | 3 | 4 | 5 | *9. | I feel relaxed while taking a test |
| 1 | 2 | 3 | 4 | 5 | *10. | I enjoy preparing for a test. |
| 1 | 2 | 3 | 4 | 5 | 11. | I am in constant fear of forgetting answers on a test. |
| 1 | 2 | 3 | 4 | 5 | 12. | I get anxious if someone asks me something about a topic that I do not know. |
| 1 | 2 | 3 | 4 | 5 | *13. | I face the prospect to taking a test with confidence. |
| 1 | 2 | 3 | 4 | 5 | *14. | I feel that I am in complete possession of myself while taking a test. |
| 1 | 2 | 3 | 4 | 5 | *15. | My mind is clear when taking a test. |
| 1 | 2 | 3 | 4 | 5 | *16. | I do not dread taking a test. |
| 1 | 2 | 3 | 4 | 5 | 17. | I perspire just before taking a test. |
| 1 | 2 | 3 | 4 | 5 | 18. | My heart beats very fast just as I start a test. |
| 1 | 2 | 3 | 4 | 5 | 19. | I experience considerable anxiety while sitting in the room just before the test starts. |
| 1 | 2 | 3 | 4 | 5 | 20. | Certain parts of my body feel tense and rigid while taking a test. |
| 1 | 2 | 3 | 4 | 5 | 21. | Realizing that only a little time remains during a test makes me very tense and anxious. |
| 1 | 2 | 3 | 4 | 5 | *22. | While taking a test, I know I can control my feelings of tension and stress. |
| 1 | 2 | 3 | 4 | 5 | 23. | I breathe faster just before taking a test. |
| 1 | 2 | 3 | 4 | 5 | *24. | I feel comfortable and relaxed in the hour or so just before |

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|---|---|---|---|---|--|--|
| | | | | | | taking a test. |
| 1 | 2 | 3 | 4 | 5 | | 25. I do poorer on tests because I am anxious. |
| 1 | 2 | 3 | 4 | 5 | | 26. I feel anxious when the teacher announces the date of a test. |
| 1 | 2 | 3 | 4 | 5 | | 27. When I making a mistake while taking a test, I find it hard to concentrate on the parts that follow. |
| 1 | 2 | 3 | 4 | 5 | | 28. During an important test, I experience a feeling of helplessness building up inside me. |
| 1 | 2 | 3 | 4 | 5 | | 29. I have trouble falling asleep the night before a test. |
| 1 | 2 | 3 | 4 | 5 | | 30. My heart beats very fast while I take a test. |
| 1 | 2 | 3 | 4 | 5 | | 31. I feel anxious while waiting to take a test. |
| 1 | 2 | 3 | 4 | 5 | | 32. While taking a test I get so nervous I forget facts I really know. |
| 1 | 2 | 3 | 4 | 5 | | *33. I have no fear of taking a test. |
| 1 | 2 | 3 | 4 | 5 | | *34. Although I am nervous just before taking a test, I soon settle down after starting and feel calm and comfortable. |

Total 1 = Add Numbers with Asterisks (4, 6, 9, 10, 13, 14, 15, 16, 22, 24, 33, 34)

Total 2 = Add Numbers without Asterisks

Scoring: $72 - \text{Total 1} + \text{Total 2} = \underline{\hspace{2cm}}$

Score should be between 34 and 180

116 and up = High Test Anxiety
88 and down = Low Test Anxiety

Richmond, V. P., Wrench, J. S., Gorham, J. (2001). *Communication, affect, and learning in the classroom*. Acton, MA: Tapestry Press.