

Test Anxiety Assessment

Directions: Answer the following questions as truthfully as possible. Blacken out the T if the statement is **generally true** for you; F if the statement is **generally false**.

1. I feel very panicky when I have to take a surprise exam.	T	F
2. While taking an important exam, I perspire a great deal.	T	F
3. During tests, I find myself thinking of the consequences of failing.	T	F
4. After important tests, I am frequently so tense that my stomach gets upset.	T	F
5. While taking an important exam, I find myself thinking of how much brighter the other students are than I am.	T	F
6. I freeze up on things like intelligence tests and finals.	T	F
7. If I were to take an intelligence test, I would worry a great deal before taking it.	T	F
8. During course examinations, I find myself thinking of things unrelated to the course material.	T	F
9. During course examinations, I frequently get so nervous that I forget facts that I really know.	T	F
10. If I knew I was going to take an intelligence test, I would feel confident and relaxed beforehand.	T	F
11. I usually get depressed after taking a test.	T	F
12. I have an uneasy, upset feeling before taking a final.	T	F
13. When taking a test, I find my emotional feelings do not interfere with my performance.	T	F
14. Getting a good grade on one test doesn't seem to increase my confidence on the second test.	T	F
15. After taking a test, I always feel I have done better than I actually did.	T	F
16. I sometimes feel my heart beating very fast during important examinations.	T	F

Scoring:

1 point for each True except #10 and #13, 1 point for False on #10 and #13.

Total Points _____

12 or more points are indicative of test anxiety.