

## TEST ANXIETY QUESTIONNAIRE

The items in the questionnaire refer to experiences that may cause fear or apprehension. For each item, place a check in the box under the column that describes how much you are frightened by it. Work quickly, but be sure to consider each item individually. For each box you check, write down the corresponding number of points:

Not At All = 1; A Little = 2; A Fair Amount = 3; Much = 4; Very Much = 5.

SITUATION	NOT AT ALL	A LITTLE	A FAIR AMOUNT	MUCH	VERY MUCH
1. Going into a regularly scheduled class period in which the professor asks the students to participate.					
2. Re-reading the answers I gave on the test before turning it in.					
3. Sitting down to study before a regularly scheduled class.					
4. Turning my completed test paper in.					
5. Hearing the announcement of a coming test.					
6. Having a test returned.					
7. Reading the first question on a final exam.					
8. Studying for a class in which I am scared of the professor.					
9. Being in class waiting for my corrected test to be returned.					
10. Seeing a test question and not being sure of the answer.					
11. Studying for a test the night before.					
12. Waiting to enter the room where a test is to be given.					
13. Waiting for a test to be handed out.					
14. Being called on to answer a question in class by a professor who scares me.					

SITUATION	NOT AT ALL	A LITTLE	A FAIR AMOUNT	MUCH	VERY MUCH
15. Waiting for the day my corrected test will be returned.					
16. Seeing my standing on the exam relative to other people's standing.					
17. Discussing with the professor an answer I believed to be right, but that was marked wrong.					
18. Waiting to see my letter grade on the test.					
19. Studying for a quiz.					
20. Studying for a midterm.					
21. Studying for a final.					
22. Discussing my approaching test with friends a few weeks before the test.					
23. After the test, listening to the answers which my friends selected.					
24. Looking at the clock to see how much time remains during the exam.					
25. Seeing the number of questions that need to be answered on the test.					
26. On an essay exam, seeing a question I cannot answer.					
27. On a multiple choice test, seeing a question I cannot answer.					
28. Being asked by someone if I am ready for a forthcoming exam.					
29. Being the first one to finish an exam and turn it in.					
30. Being asked by a friend where I stand in a class.					

SITUATION	NOT AT ALL	A LITTLE	A FAIR AMOUNT	MUCH	VERY MUCH
31. Being asked by a friend the results of a test on which I did poorly.					
32. Discovering I need an A or B on the next test in order to pass the course.					
33. Discovering I need an A or B on the final to maintain the grade point average necessary to remain in school.					
34. Remembering my past reactions while preparing for another test.					
35. Seeking out the teaching assistant or professor for advice or help.					
36. Being told to see the professor concerning some aspects of my class work.					
37. Asking for a make-up exam after missing the scheduled exam.					
38. Being the last one to finish an exam and turn it in.					
39. Discussing the course content with fellow students just before entering the classroom the day of the exam.					
40. Reviewing study materials the night before an exam.					
41. On the first day of the course hearing the professor announce the dates of the midterm and final exams.					
42. Having the professor ask a question of the class which deals with the course material and then look in my direction.					
43. Making an appointment to see the professor regarding some course problem.					
44. Thinking about a coming exam <i>3 weeks before</i> it's scheduled.					
45. Thinking about a coming exam <i>1 week before</i> it's scheduled.					

	<b>NOT AT ALL</b>	<b>A LITTLE</b>	<b>A FAIR AMOUNT</b>	<b>MUCH</b>	<b>VERY MUCH</b>
46. Thinking about a coming exam <i>the weekend</i> before it's scheduled.					
47. Thinking about a coming exam <i>the night</i> before it's scheduled.					
48. Thinking about a coming exam <i>the hour</i> before it's scheduled.					
TOTALS FOR EACH COLUMN					

### TOTAL SCORE

To analyze your Test Anxiety Questionnaire, add up the totals from each column. A score of 160 or higher indicates that you may have a problem with test anxiety. Please be assured that these symptoms of anxiety in testing situations are not abnormal or strange. They are the types of things people normally experience when they are under stress that is difficult to handle, or when they are very anxious. As you have probably noticed, the feelings usually pass away quickly, including the irrational thoughts, when the test is over and the situation changes. Also, it is quite possible to learn to control anxiety of this kind--when you know how to go about it. Consult a SLAC counselor, the books about anxiety management in the SLAC Lab, or the University Counseling Center for tips on test anxiety reduction.

Source: Suinn, R.M. (1969). The STABS, a measure of test anxiety for behavior therapy: Normative data\*. *Behavior Research and Therapy*, 7, 335-339.

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**STUDENT LEARNING ASSISTANCE CENTER (SLAC)**

Texas State University-San Marcos