

## *Anxiety Survey*

**Directions: Assume that you have to give a speech within the next few weeks.** For each of the statements below, indicate the degree to which the statement applies to you within the context of giving a future speech. Mark whether you strongly agree (SA), agree (A), are undecided (U), disagree (D), or strongly disagree (SD) with each statement. Circle your SA, A, U, D, or SD choices. Do not write in the blanks next to the questions.

**Work quickly: just record your first impression**

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| ___ 1. While preparing for the speech, I would feel uncomfortably tense and nervous.  | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 2. I feel uncomfortably tense at the very thought of giving a speech in the near future.  | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 3. My thoughts would become confused and jumbled when I was giving a speech.  | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 4. Right after giving the speech I would feel that I'd had a pleasant experience  | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 5. I would get anxious when thinking about the speech coming up.  | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 6. I would have no fear of giving the speech.   | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 7. Although I would be nervous just before starting the speech, after starting it I would soon settle down and feel calm and comfortable. | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 8. I would look forward to giving the speech.   | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 9. As soon as I knew that I would have to give the speech, I would feel myself getting tense.   | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 10. My hands would tremble when I was giving the speech.  | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 11. I would feel relaxed while giving the speech.   | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 12. I would enjoy preparing for the speech.   | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 13. I would be in constant fear of forgetting what I had prepared to say.   | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 14. I would get uncomfortably anxious if someone asked me something that I did not know about my topic.                                   | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 15. I would face the prospect of giving the speech with confidence.   | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |

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| ___ 16. I would feel that I was in complete possession of myself during the speech.   | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 17. My mind would be clear when giving the speech.  | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 18. I would not dread giving the speech.  | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 19. I would perspire too much just before starting the speech.  | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 20. I would be bothered by a very fast heart rate just as I started the speech.   | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 21. I would experience considerable anxiety at the speech site (room, auditorium, etc.) just before my speech was to start. | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 22. Certain parts of my body would feel very tense and rigid during the speech.   | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 23. Realizing that only a little time remained in the speech would make me very tense and anxious.                          | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 24. While giving the speech I would know that I could control my feelings of tension and stress.                            | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 25. I would breathe too fast just before starting the speech.   | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 26. I would feel comfortable and relaxed in the hour or so just before giving the speech.                                   | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 27. I would do poorly on the speech because I would be anxious.   | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 28. I would feel uncomfortably anxious when first scheduling the date of the speaking assignment.                           | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 29. If I were to make a mistake while giving the speech, I would find it hard to concentrate on the parts that followed.    | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ 30. During the speech, I would experience a feeling of helplessness building up inside me.                                  | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |

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| ___ | 31. I would have trouble falling asleep the night before the speech.                        | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ | 32. My heart would beat too fast while I was presenting the speech.                         | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ | 33. I would feel uncomfortably anxious while waiting to give my speech.                     | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |
| ___ | 34. While giving the speech I would get so Nervous that I would forget facts I really knew. | SA <sub>5</sub> A <sub>4</sub> U <sub>3</sub> D <sub>2</sub> SD <sub>1</sub> |

**To determine your score:**

1. Fill in the blank next to each item with the NUMBER accompanying the response you circled. BE CAREFUL to enter the CORRECT NUMBER. NOTICE that the numbers printed with the responses are not consistent for every question.
2. Add up the numbers you recorded for the 34 questions. The sum is your public speaking apprehension score.

<b>Interpretation:</b>	34-84	low
	85-92	moderately low
	93-110	moderate
	111-119	moderately high
	120+	high