Test Anxiety Scale
Answer true or false to the following questions.

1. T F While taking an important exam, I find myself thinking of how much brighter the other students are than I am.

2. T F If I were to take an intelligence test, I would worry a great deal before taking it.

3. T F If I knew I was going to take an intelligence test, I would feel confident and relaxed.

4. T F While taking an important examination, I perspire a great deal.

5. T F During class examinations, I feel myself thinking of things unrelated to the actual course material.

6. T F I get to feeling very panicky when I have to take a surprise exam.

7. T F During a test, I find myself thinking of the consequences of failing.

8. T F After important test, I am frequently so tense my stomach gets upset.

9. T F I freeze up on things like intelligence tests and final exams.

10. T F Getting good grades on one test does not seem to increase my confidence on the second.
11. T F I sometimes feel my heart beating very fast during important exams.

12. T F After taking a test, I always feel I could have done better than I actually did.

13. T F I usually get depressed after taking a test.

14. T F I have an uneasy, upset feeling before taking a final examination.

15. T F When taking a test, my emotional feelings do not interfere with my performance.

16. T F During a course examination, I frequently get so nervous that I forget facts I really know.

17. T F I seem to defeat myself while working on important tests.