Test Anxiety Questionnaire

Think you might have test anxiety? Take this test anxiety questionnaire to see if you do!

Directions: Answer the following question as truthfully as possible. Circle the T if the statement is generally true for you; F if the statement is generally false.

1. While taking an important exam, I perspire a great deal. T F
2. I get to feel very panicky when I have to take a surprise exam. 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/test. 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 exams. T F

Total: _____ _____

Key: 1 point for each True except #10 and #13
      1 point for each False on #10 and #13

To score questionnaire: Total the number of points. 12 or more points indicate a tendency to have test anxiety.