

# A Test Anxiety Inventory

**Directions:** Read each statement below to see if it reflects your experience in test taking. If it does, place a check mark on the line next to the number of the statement. Check any item that seems to fit your experience. Be honest with yourself.

- 1. I wish there were some way to succeed without taking tests.
- 2. Getting a good score on one test does not seem to increase my confidence on other tests.
- 3. People (family, friends, etc.) are counting on me to do well.
- 4. During a test, I sometimes find myself thinking about things that have nothing to do with the test.
- 5. I do not enjoy eating before or after an important test.
- 6. I have always dreaded courses in which the teacher has the habit of giving pop quizzes.
- 7. It seems to me that test sessions should not be made the formal, tense situations they are.
- 8. People who do well on tests generally end up in better positions in life.
- 9. Before or during an important exam, I find myself thinking about how much brighter some of the other test-takers are.
- 10. Event though I don't always think about it, I am concerned about how others will view me if I do poorly.
- 11. Worrying about how well I will do interferes with my preparation and performance on tests.
- 12. Having to face an important test disturbs my sleep.
- 13. I cannot stand to have people walking around watching me while I take a test.
- 14. If exams could be done away with, I think I would actually learn more from my courses.
- 15. Knowing that my future depends in part on doing well on tests upsets me.
- 16. I know I could outscore most people if I could just get myself together.
- 17. People will question my ability if I do poorly.
- 18. I never seem to be fully prepared to take tests.
- 19. I cannot relax physically before a test.

- \_\_\_ 20. I mentally freeze up on important tests.
- \_\_\_ 21. Room noises (from lights, heating/cooling systems, other test-takers) bother me.
- \_\_\_ 22. I have a hollow, uneasy feeling before taking a test.
- \_\_\_ 23. Tests make me wonder if I will ever reach my goals.
- \_\_\_ 24. Tests do not really show how much a person knows.
- \_\_\_ 25. If I score low, I am not going to tell anyone exactly what my score was.
- \_\_\_ 26. I often feel the need to cram before a test.
- \_\_\_ 27. My stomach becomes upset before important tests.
- \_\_\_ 28. I sometimes seem to defeat myself (think negative thoughts) while working on an important test.
- \_\_\_ 29. I start feeling very anxious or uneasy just before getting test results.
- \_\_\_ 30. I wish I could get into a vocation that does not require tests for entrance.
- \_\_\_ 31. If I do not do well on a test, I guess it will mean I am not as smart as I thought I was.
- \_\_\_ 32. If my score is low, my parents will be very disappointed.
- \_\_\_ 33. My anxiety about tests makes me want to avoid preparing fully, and this just makes me more anxious.
- \_\_\_ 34. I often find my fingers tapping or my legs jiggling while taking a test.
- \_\_\_ 35. After taking a test, I often feel I could have done better than I actually did.
- \_\_\_ 36. When taking a test, my emotional feelings interfere with my concentration.
- \_\_\_ 37. The harder I work on some test items, the more confused I get.
- \_\_\_ 38. Aside from what others may think of me, I am concerned about my own opinion of myself if I do poorly.
- \_\_\_ 39. My muscles tense up in certain areas of my body when I take a test.
- \_\_\_ 40. I do not feel confident and mentally relaxed before a test.
- \_\_\_ 41. My friends will be disappointed in me if my score is low.
- \_\_\_ 42. One of my problems is not knowing exactly when I am prepared for a test.

- \_\_\_ 43. I often feel physically panicky when I have to take a really important test.
- \_\_\_ 44. I wish teachers understood that some people are more nervous than others when taking tests, and that this could be taken into account when test answers are evaluated.
- \_\_\_ 45. I would rather write a paper than take a test for a grade.
- \_\_\_ 46. I am going to find out how others did before I announce my score.
- \_\_\_ 47. Some people I know will be amused if I score low, and this bothers me.
- \_\_\_ 48. I think I could do much better on tests if I could take them alone and/or not feel pressured by a time limit.
- \_\_\_ 49. My test performance is directly connected to my future success and security.
- \_\_\_ 50. During tests, I sometimes get so nervous that I forget facts I really know.

# Test Anxiety Inventory Analysis

*Circle the numbers to the statements that you checked in the inventory. The areas you have answered "yes" to the most will help you identify the causes of your test anxiety.*

## FOUR MAIN SOURCES OF TEST ANXIETY:

### 1. Concerns about how others will view you if you do poorly

Statement      3  
                         10  
                         17  
                         25  
                         32  
                         41  
                         46  
                         47

### 2. Concerns about your own self-image

Statement      2  
                         9  
                         16  
                         24  
                         31  
                         38  
                         40

### 3. Concerns about your future security

Statement      1  
                         8  
                         15  
                         23  
                         30  
                         49

### 4. Concerns about not being prepared for a test

Statement      6  
                         11  
                         18  
                         26  
                         33  
                         42

## THREE MAIN EXPRESSIONS OF TEST ANXIETY:

### 1. Bodily reaction

Statements      5  
                         12  
                         19  
                         27  
                         34  
                         39  
                         43

### 2. Thought disruptions

Statement      4  
                         13  
                         20  
                         21  
                         28  
                         35  
                         36  
                         37  
                         48  
                         50

### 3. General test-taking anxiety

Statement      7  
                         14  
                         22  
                         29  
                         44  
                         45

**How strong is each of these sources of test anxiety for you?**

**How would you summarize your actions to each of these sources?**