

Test Anxiety: Inventory

Directions: Read each item 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 as many as seem fitting. 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 having trains of thought 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. Even 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.

Directions: Circle the numbers to the statements that you checked in the inventory. The areas that you have answered “yes” to the most will help you identify the causes of your anxiety.

Four Main Sources of Test Anxiety:

1. Concerns about how others will view you if you do poorly
Items 3, 10, 17, 25, 32, 41, 46, 47
Total: _____
2. Concerns about your own self-image
Items 2, 9, 16, 24, 31, 38, 40
Total: _____
3. Concerns about your future security
Items 1, 8, 15, 23, 30, 49
Total: _____
4. Concerns about not being prepared for a test
Items 6, 11, 18, 26, 33, 47
Total: _____

Three Main Expressions of Test Anxiety:

1. Bodily reactions
Items 5, 12, 19, 27, 34, 39, 43
Total: _____
2. Thought disruptions
Items 4, 13, 20, 21, 28, 35, 36, 37, 48, 50
Total: _____
3. General test-taking anxiety
Items 7, 14, 22, 29, 44, 45
Total: _____