

Test Anxiety Inventory

Read each statement carefully. If the statement reflects your experience in taking a test, place a check (✓) before that statement. Check as many statements as apply to you. Check a statement if you can see yourself in such a situation or thinking those thoughts. Be totally 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 of how much brighter some of the other test takers are than I am.
- _____ 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 (those coming from lights, heating/cooling systems, other test takers, etc.) 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 seem to defeat myself (think negative thoughts) sometimes 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 this 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 nervous.
- _____ 34. I often find my fingers tapping or my legs jiggling while I am 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 in 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 test evaluators could recognize that some individuals are more nervous than others in taking tests, and that this fact could be taken into account when test results 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 would 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 I forget facts I really know.

Test Anxiety Analysis Chart

S O U R C E S	Concerns about how others will view you if you do poorly	
	Concerns arising from threats to your own self image	
	Concerns about your future security	
	Concerns about not being prepared	
E X P R E S S I O N S	Bodily reactions	
	Thought disruptions	
General test anxiety		

Scoring:

Sources

Concerns about how others view you: 3, 10, 17, 25, 32, 41, 46, 47

Concerns about self-image: 2, 9, 16, 24, 31, 38, 40

Concerns about future security: 1, 8, 15, 23, 30, 49

Concerns about not being prepared: 6, 11, 18, 26, 33, 42

Examine the items within each source. Identify the one that you believe is the strongest aspect of this response.

(This is confronting the problem.)

Expressions

Bodily expressions: 5, 12, 19, 27, 34, 39, 43

Thought disruptions: 4, 13, 20, 21, 28, 35, 36, 37, 48, 50

General test anxiety: 7, 14, 22, 29, 44, 45

To overcome problems identified as bodily expressions, examine the nature of anxiety.

To overcome thought disruptions, concentrate on psychological preparedness.

To overcome general test anxiety, examine the problems identified above, and work on general confidence in a testing situation.