

**R-MARS (Revised Maths Anxiety Rating Scale)**  
**Alexander & Matray (1989), Baloğlu & Zelhart (2007)**

Below is a list of statements related to **maths**.

Please read each statement carefully and **indicate how anxious you would feel** in each of the following situations where 1 = "not at all" and 5 = "very much".

1. Studying for a maths test
2. Taking the maths section of a university entrance exam
3. Taking an exam (quiz) in a maths course
4. Taking an exam (final) in a maths course
5. Thinking about an upcoming maths test 1 week before
6. Thinking about an upcoming maths test 1 day before
7. Thinking about an upcoming maths test 1 hour before
8. Realizing you have to take a certain number of maths classes to fulfil requirements for your degree
9. Receiving your final maths grade
10. Being given a surprise test in a maths class
11. Reading a cash register receipt after your purchase
12. Being given a set of numerical problems involving addition to solve on paper
13. Being given a set of subtraction problems to solve
14. Being given a set of multiplication problems to solve
15. Being given a set of division problems to solve
16. Buying a maths textbook
17. Watching a teacher work on an algebraic equation on the board
18. Signing up for a maths course
19. Listening to another student explain a maths formula
20. Walking into a maths class