**Personal Report of Communication Apprehension (PRCA-24)**

This instrument is composed of twenty-four statements concerning feelings about communicating with others. Please indicate the degree to which each statement applies to you by marking whether you:

**Strongly Disagree = 1**

**Disagree = 2**

**Neutral = 3**

**Agree = 4**

**Strongly Agree = 5**

\_\_3\_\_\_1. I dislike participating in group discussions.

\_\_3\_\_\_2. Generally, I am comfortable while participating in group discussions.

\_\_4\_\_\_3. I am tense and nervous while participating in group discussions.

\_\_3\_\_\_4. I like to get involved in group discussions.

\_\_4\_\_\_5. Engaging in a group discussion with new people makes me tense and nervous.

\_\_2\_\_\_6. I am calm and relaxed while participating in group discussions.

\_\_4\_\_\_7. Generally, I am nervous when I have to participate in a meeting.

\_\_3\_\_\_8. Usually, I am comfortable when I have to participate in a meeting.

\_\_2\_\_\_9. I am very calm and relaxed when I am called upon to express an opinion at a meeting.

\_\_3\_\_\_10. I am afraid to express myself at meetings.

\_\_3\_\_\_11. Communicating at meetings usually makes me uncomfortable.

\_\_4\_\_\_12. I am very relaxed when answering questions at a meeting.

\_\_3\_\_\_13. While participating in a conversation with a new acquaintance, I feel very nervous.

\_\_3\_\_\_14. I have no fear of speaking up in conversations.

\_\_3\_\_\_15. Ordinarily I am very tense and nervous in conversations.

\_\_3\_\_\_16. Ordinarily I am very calm and relaxed in conversations.

\_\_3\_\_\_17. While conversing with a new acquaintance, I feel very relaxed.

\_\_3\_\_\_18. I'm afraid to speak up in conversations.

\_\_2\_\_\_19. I have no fear of giving a speech.

\_\_4\_\_\_20. Certain parts of my body feel very tense and rigid while giving a speech.

\_\_2\_\_\_21. I feel relaxed while giving a speech.

\_\_3\_\_\_22. My thoughts become confused and jumbled when I am giving a speech.

\_\_3\_\_\_23. I face the prospect of giving a speech with confidence.

\_\_3\_\_\_24. While giving a speech, I get so nervous I forget facts I really know.

**SCORING:**

Group discussion: 18 - (scores for items 2, 4, & 6) + (scores for items 1,3, & 5)

Meetings: 18 - (scores for items 8, 9, & 12) + (scores for items 7, 10, & 11)

Interpersonal: 18 - (scores for items 14, 16, & 17) + (scores for items 13, 15, & 18)

Public Speaking: 18 - (scores for items 19, 21, & 23) + (scores for items 20, 22, &24)

Group Discussion Score: \_\_\_21\_\_\_\_

Interpersonal Score: \_\_\_18\_\_\_\_

Meetings Score: \_\_\_19\_\_\_\_

Public Speaking Score: \_\_\_21\_\_\_\_

To obtain your total score for the PRCA, simply add your sub-scores together. \_\_\_79\_\_\_\_

Scores can range from 24-120. Scores below 51 represent people who have very low CA. Scores between 51-80 represent people with average CA. Scores above 80 represent people who have high levels of trait CA.

**NORMS FOR THE PRCA-24:** (based on over 40,000 college students; data from over 3,000 non-student adults in a national sample provided virtually identical norms, within 0.20 for all scores.)

                                    Mean               Standard Deviation                   High                             Low

Total Score                   65.6                            15.3                             > 80                             < 51

Group:                          15.4                             4.8                              > 20                             < 11

Meeting:                       16.4                             4.2                              > 20                             < 13

Dyad (Interpersonal):   14.2                             3.9                             > 18                             < 11

Public:                          19.3                             5.1                              > 24                             < 14

**Source:**

McCroskey, J. C. (1982). *An introduction to rhetorical commun*ication (4th Ed). Englewood Cliffs, NJ: Prentice-Hall.