



Leader's Self-Insight 9.3

Communication Apprehension

The questions below are about your feelings toward communication with other people. Indicate whether each item below is Mostly False or Mostly True for you. There are no right or wrong answers. Many of the statements are similar to other statements. Do not be concerned about this. Work quickly and just record your first impressions.

	Mostly False	Mostly True
1. I look forward to expressing myself at meetings.	_____	<input checked="" type="checkbox"/>
2. I hesitate to express myself in a group.	<input checked="" type="checkbox"/>	_____
3. I look forward to an opportunity to speak in public.	_____	<input checked="" type="checkbox"/>
4. Although I talk fluently with friends, I am at a loss for words on the platform.	_____	<input checked="" type="checkbox"/>
5. I always avoid speaking in public if possible.	<input checked="" type="checkbox"/>	_____
6. I feel that I am more fluent when talking to people than most other people are.	_____	<input checked="" type="checkbox"/>
7. I like to get involved in group discussions.	_____	<input checked="" type="checkbox"/>
8. I dislike to use my body and voice expressively.	<input checked="" type="checkbox"/>	_____
9. I'm afraid to speak up in a conversation.	<input checked="" type="checkbox"/>	_____
10. I would enjoy presenting a speech on a local television show.	_____	<input checked="" type="checkbox"/>

Scoring and interpretation

Give yourself 1 point for each Mostly False answer to questions 2, 4, 5, 8, and 9. Give yourself 1 point for each Mostly True answer to questions 1, 3, 6, 7, and 10.

Your total points **9**

This personal assessment provides an indication of how much apprehension (fear or anxiety) you feel in a variety of communication settings. Total scores may range from 0 to 10. A score of 3 or less indicates that you are more apprehensive about communication than the average person. A score of 8 or above indicates a low level of communication apprehension. Scores between 4 and 7 indicate average apprehension.

Individual questions above pertain to four common situations—public speaking, meetings, group discussions, and interpersonal conversations. Study the individual questions to see which situations create more apprehension for you. To be an effective communication champion, you should work to overcome communication anxiety. Interpersonal conversations create the least apprehension for most people, followed by group discussions, larger meetings, and then public speaking. Compare your scores with another student. What aspect of communication creates the most apprehension for you? How do you plan to improve it?

Source: Adapted from J. C. McCroskey, "Validity of the PRCA as an Index of Oral Communication Apprehension," *Communication Monographs* 45 (1978), pp. 192–203. Used with permission.