

Revised Test Anxiety Scale

Benson & El-Zahhar (1994)

The following items refer to how you feel when taking a test. Use the scale below to rate each item in terms of **how you feel when taking tests in GENERAL**.

1 = almost never 2 = sometimes 3 = often 4 = almost always

1. Thinking about my grade in a course interferes with my work on tests.
2. I seem to defeat myself while taking important tests.
3. During tests I find myself thinking about the consequences of failing.
4. I start feeling very uneasy just before getting a test paper back.
5. During tests I feel very tense.
6. I worry a great deal before taking an important exam.
7. During tests I find myself thinking of things unrelated to the material being tested.
8. While taking tests, I find myself thinking how much brighter the other people are.
9. I think about current events during a test.
10. I get a headache during an important test.
11. While taking a test, I often think about how difficult it is.
12. I wish tests did not bother me so much.
13. I am anxious about tests.
14. Thoughts of doing poorly interfere with my concentration during tests.
15. While taking tests I sometimes think about being somewhere else.
16. During tests I find I am distracted by thoughts of upcoming events.
17. My mouth feels dry during a test.
18. I sometimes find myself trembling before or during tests.
19. During the test I sometimes break into a "cold sweat".
20. I feel nauseous during a test.
21. While taking a test my muscles are very tight.
22. I have difficulty breathing while taking a test.
23. When taking a test I'll sometimes catch myself not paying attention to the questions.
24. During the test I think about how I should have prepared for the test.
25. I worry before the test because I do not know what to expect.