

Creativity Anxiety Scale (CAS)

Daker et al. (2019)

In this section, you will be presented with various situations and experiences that may cause tension, apprehension, or anxiety.

For each situation, please choose the response that best describes '**how much it would make you feel anxious.**'

1 = not at all 2 = a little 3 = a fair amount 4 = much 5 = very much

1. Having to come up with a creative solution to a problem
2. Having to come up with a unique way of doing something
3. Having to think about something from a novel perspective
4. Having to think in an open-ended and creative way
5. Having to solve a problem for which the solution is open-ended
6. Having to improvise
7. Having to think "outside the box"
8. Focusing on novelty over precision when doing something
9. Having to solve a problem the exact way you were taught to do so
10. Having to precisely follow an established method of doing something
11. Having to think about something according to a fixed system
12. Having to think in a precise and methodical way
13. Working in a situation where there is an established correct and incorrect way of doing things
14. Having to carefully follow instructions
15. Having to think "by the book"
16. Focusing on precision over novelty when doing something

Attention check:

17. Please select '2 - a little' for this question