**Attitude Questionnaire**

**Directions:** Answer the following questions as truthfully as possible. Blacken out the T if the statement is *generally true* for you; F if the statement is *generally false*.

1. While taking an important exam, I perspire a great deal.  
   - T  
   - F

2. I get to feel very panicky when I have to take a surprise exam.  
   - T  
   - F

3. During tests, I find myself thinking of the consequences of failing.  
   - T  
   - F

4. After important tests, I am frequently so tense that my stomach gets upset.  
   - T  
   - F

5. While taking an important exam, I find myself thinking of how much brighter the other students are than I am.  
   - T  
   - F

6. I freeze up on things like intelligence tests and finals.  
   - T  
   - F

7. If I were to take an intelligence test, I would worry a great deal before taking it.  
   - T  
   - F

8. During course examinations, I find myself thinking of things unrelated to the course material.  
   - T  
   - F

9. During course examinations, I frequently get so nervous that I forget facts that I really know.  
   - T  
   - F

10. If I knew I was going to take an intelligence test, I would feel confident and relaxed beforehand.  
    - T  
    - F

11. I usually get depressed after taking a test.  
    - T  
    - F

12. I have an uneasy, upset feeling before taking a final.  
    - T  
    - F

13. When taking a test, I find my emotional feelings do not interfere with my performance.  
    - T  
    - F

14. Getting a good grade on one test doesn’t seem to increase my confidence on the second test.  
    - T  
    - F

15. After taking a test, I always feel I have done better than I actually did.  
    - T  
    - F

16. I sometimes feel my heart beating very fast during important examinations.  
    - T  
    - F

**Key:** 1 point for each True except #10 and #13.  
1 point for False on #10 and #13.

**Scoring:** 12 or more points indicative of test anxiety.