

Instrument Title: Classroom Anxiety Measure

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Classroom Anxiety Measure

This instrument can be used to measure a student's anxiety in the classroom. It is based on Richmond's Situational Communication Apprehension Measure. You can expect an alpha reliability on this measure of about .90.

Directions: This form is composed of statements students have used to describe how they feel in their classroom. After each statement, indicate the number that best describes how you generally feel while attending class. There are no right or wrong answers. Work quickly and circle your first impression. 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

_____ 1. I feel apprehensive.

_____ 2. I feel disturbed.

_____ **3. I am peaceful.**

_____ **4. I feel relaxed.**

_____ 5. I feel uneasy.

_____ **6. I feel self-assured.**

_____ 7. I feel fearful.

_____ 8. I feel ruffled.

_____ 9. I am jumpy.

_____ **10. I feel composed.**

_____ 11. I am insecure.

_____ **12. I feel satisfied.**

_____ **13. I feel safe.**

_____ 14. I feel flustered.

_____ **15. I am cheerful.**

_____ **16. I feel happy.**

_____ 17. I feel dejected.

_____ **18. I feel pleased.**

_____ **19. I feel good.**

_____ 20. I feel unhappy.

SCORING: To compute your scores, add your scores for each item as indicated below:

Recode **BOLDED** questions with the following format:

1=5

2=4

3=3

4=2

5=1

After you have recoded the previous questions, add all of the numbers together to get your composite Classroom Anxiety score.

Score should be between 20 and 100. Scores of 80 and above indicate high classroom anxiety; Scores of 25 and below indicate low test or evaluation apprehension; Scores between 26 and 79 indicate moderate test or evaluation apprehension.