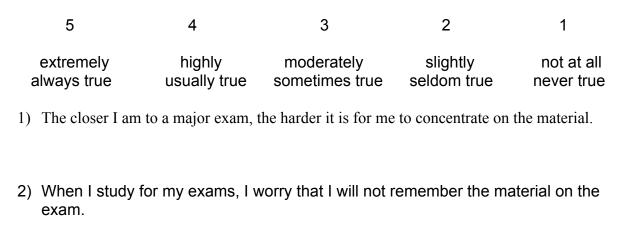
Westside Test Anxiety Scale

Rate how true each of the following is of you, from extremely or always true, to not at all or never true. Use the following 5 point scale.



- 3) During important exams, I think that I am doing awful or that I may fail.
- 4) I lose focus on important exams, and I cannot remember material that I knew before the exam.
- 5) I finally remember the answer to exam questions after the exam is already over.
- 6) I worry so much before a major exam that I am too worn out to do my best on the exam.
- 7) I feel out of sorts or not really myself when I take important exams.
- 8) I find that my mind sometimes wanders when I am taking important exams.

9) After an exam, I wor	ry about whether I d	did well enough.
		avoid doing them, because I feel that I want it to be perfect.
Sum of the 10 ques	stions	
< > Test Anxiety S	core (Sum divided by	10)
Name	phone	email
School		
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What does your score mea	an?	
<> Test Anxiety sco	ore (from 10 item scal	le)
Interpreting your test anxi	ety scores	
1.0—1.9 Comfortably low	test anxiety	
2.0—2.5 Normal or avera	ge test anxiety	
2.5—2.9 High normal test	anxiety	

3.0—3.4 Moderately high (some items rated 4=high)

3.5—3.9 High test anxiety (half or more of the items rated 4=high)

4.0—5.0 Extremely high anxiety (items rated 4=high and 5=extreme)

Rationale

The scale is constructed to measure anxiety impairments, with most items asking directly about performance impairment or about worrying, which interferes with concentration. Simple indications of physiological stress are found to be relatively weak indicators of performance impairments.

Incapacity (memory loss and poor cognitive processing) — 6 Items #1, 4, 5, 6, 8 & 10

Worry (catastrophizing) — 4 Items #2, 3, 7, 9

Physiological symptoms — no items.

Recommendations

We have found that students who score at least 3.0 or more on our scale (moderately high anxiety) tend to benefit from anxiety reduction training, experiencing lower anxiety on tests and achieving higher grades.

See: www.amtaa.org for test anxiety information

See: www.amtaa.org/solutionsCDs.html for test anxiety reduction Trainings on CD.

See: www.peacewithmyself.com/test.htm for "active control" anxiety reduction Training.

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www.amtaa.org/scaleWestside.html