Test Anxiety Scale

Handout courtesy of Becky Osborne

How much test anxiety do you have? Without overthinking the answer, circle “True” or “False”. Give your first instinctive response.

1. While taking an important exam, I find myself thinking how much smarter the other students are than I am. True False
2. If I were to take an intelligence test, I would worry a great deal before taking it. True False
3. If I knew I was going to take an intelligence test, I would feel confident and relaxed. True False
4. While taking an important exam, I perspire a great deal. True False
5. During class exams, I find myself thinking of things unrelated to the actual course material. True False
6. True False
7. When a surprise test is announced, I panic. True False
8. During a test, I find myself thinking of the consequences of failing. True False
9. After important tests, I am frequently so tense my stomach gets upset. True False
10. I freeze up on things like intelligence tests or final exams. True False
11. Getting good grades on one test doesn’t seem to increase my confidence on the second. True False
12. True False
13. I sometimes feel my heart beating very fast during important exams. True False
14. After taking a test, I always feel I could have done better than I actually did. True False
15. I usually get depressed after a test. True False
16. I have an uneasy, upset feeling before taking a final examination. True False
17. When taking a test, my emotional feelings do not interfere with my performance. True False
18. During a course exam, I frequently get so nervous, I forget facts I really know. True False
19. I seem to defeat myself while working on important tests. True False
20. The harder I work at taking a test or studying for one, the more confused I get. True False
21. As soon as the exam is over, I try to stop worrying about it but I just can’t. True False
22. During exams, I sometimes wonder if I’ll ever get through school. True False
23. I would rather write a term paper than take an exam for my grade in a course. True False
24. I wish exams did not bother me so much.   True   False
25. I think I could do much better on tests if I could take them alone and not feel pressured by time limits.   True   False
26. Thinking about the grade I may get in a course interferes with my studying and performance on tests.   True   False
27. If exams could be done away with, I think I would actually learn more.   True   False
28. On exams I take the attitude, “If I don’t know it now, there’s no point in worrying about it.”   True   False
29. I really don’t see why some people get so upset about tests.   True   False
30. Thoughts of doing poorly interfere with my performance on tests.   True   False
31. I don’t study any harder for final exams than for the rest of my coursework.   True   False
32. Even when I’m well prepared for a test, I feel very anxious about it.   True   False
33. I don’t enjoy eating before an important test.   True   False
34. Before an important exam, I find my hands or arms trembling.   True   False
35. I seldom feel the need for “cramming” before an exam.   True   False
36. The school should recognize that some students are more nervous than others about tests and that this affects their performance.   True   False
37. It seems to me that exam periods should not be made such intense situations.   True   False
38. I started feeling very uneasy just before getting back a test paper.   True   False
39. I dread courses where the instructor has the habit of giving “pop” quizzes.   True   False


Scoring the Test Anxiety Scale is: The total number of “True” answers is your test anxiety score. A score of 12 or below ranks in the low anxiety range. If that is your score, the chances are that you wouldn’t be extra stressed right now. A score of 12-20 ranks in the medium range. Any score above 20 signifies high test anxiety. Scoring 15 or greater is a good indication that you experience considerable discomfort about taking tests.