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. Circle your answers:

<table>
<thead>
<tr>
<th>5</th>
<th>4</th>
<th>3</th>
<th>2</th>
<th>1</th>
</tr>
</thead>
<tbody>
<tr>
<td>extremely</td>
<td>highly</td>
<td>moderately</td>
<td>slightly</td>
<td>not at all</td>
</tr>
<tr>
<td>always</td>
<td>usually</td>
<td>sometimes</td>
<td>seldom</td>
<td>never</td>
</tr>
<tr>
<td>true</td>
<td>true</td>
<td>true</td>
<td>true</td>
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__ 1) ___ The closer I am to a major exam, the harder it is for me to concentrate on the material.
  5 4 3 2 1

__ 2) ___ When I study for my exams, I worry that I will not remember the material on the exam.
  5 4 3 2 1

__ 3) ___ During important exams, I think that I am doing awful or that I may fail.
  5 4 3 2 1

__ 4) ___ I lose focus on important exams, and I cannot remember material that I knew before the exam.
  5 4 3 2 1

__ 5) ___ I finally remember the answer to exam questions after the exam is already over.
  5 4 3 2 1

__ 6) ___ I worry so much before a major exam that I am too worn out to do my best on the exam.
  5 4 3 2 1

__ 7) ___ I feel out of sorts or not really myself when I take important exams.
  5 4 3 2 1

__ 8) ___ I find that my mind sometimes wanders when I am taking important exams.
  5 4 3 2 1

__ 9) ___ After an exam, I worry about whether I did well enough.
  5 4 3 2 1

__ 10) ___ I struggle with written assignments, or avoid doing them, because I feel that whatever I do will not be good enough. I want it to be perfect.
  5 4 3 2 1

_____ Sum of the 10 questions

< _____ > Divide the sum by 10. This is your Test Anxiety score.

Name ____________________     phone  _________
   email ____________________

School ____________

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What does your score mean?

<____>  Test Anxiety score (from 10 item scale).

**Interpreting your test anxiety scores:**

1.0—1.9  Comfortably low test anxiety
2.0—2.5  Normal or average 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.peacewithmyself.com for our test anxiety reduction information and CD.

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www.peacewithmyself.com/
www@amtaa.org/westsidescale.html
865 690-0962 x104