

**Test-Taking Scale**

**Directions:** Please *circle* the rating for each of these items according to the following scale:

- 0 = not typical of me at all
- 1 = only somewhat typical of me
- 2 = quite typical of me
- 3 = very typical of me

	Not Typical	Somewhat Typical	Quite Typical	Very Typical	Enter Score for Each Question			
					T	W	TI	B
1. My mouth feels dry during a test.	0	1	2	3				<input type="checkbox"/>
2. I feel jittery before tests.	0	1	2	3	<input type="checkbox"/>			
3. Thoughts of doing poorly interfere with my concentration during tests.	0	1	2	3		<input type="checkbox"/>		
4. I am anxious about tests.	0	1	2	3	<input type="checkbox"/>			
5. During tests, I find I am distracted by thoughts of upcoming events.	0	1	2	3			<input type="checkbox"/>	
6. During a difficult test, I worry whether I will pass it.	0	1	2	3		<input type="checkbox"/>		
7. While taking tests, I find myself thinking how much brighter the other people are.	0	1	2	3		<input type="checkbox"/>		
8. I get a headache before a test.	0	1	2	3				<input type="checkbox"/>
9. While taking a test, I feel tense.	0	1	2	3	<input type="checkbox"/>			
10. During tests I think of how poorly I am doing.	0	1	2	3		<input type="checkbox"/>		
11. During tests I find myself thinking of things unrelated to the material being tested.	0	1	2	3			<input type="checkbox"/>	
12. I have fantasies a few times during a test.	0	1	2	3			<input type="checkbox"/>	
13. I sometimes find myself trembling before or during tests.	0	1	2	3				<input type="checkbox"/>
14. While taking tests, I sometimes think about being somewhere else.	0	1	2	3			<input type="checkbox"/>	
15. I feel distressed and uneasy before important tests.	0	1	2	3	<input type="checkbox"/>			
16. I feel the need to go to the toilet more often than usual during a test.	0	1	2	3				<input type="checkbox"/>
<b>Totals:</b>								

**Scoring Directions:** Copy the circled score for each item into the adjacent box in the scoring section. Add up the four columns to arrive at subscale totals. Higher scores indicate areas in which a student predominantly experiences anxiety during achievement situations. The four areas are as follows:

**T = Tension:** a high sense of distress or unease before or during tests.

**W = Worry:** engaging in multiple cognitive or thought-based symptoms of anxiety, such as fear of failing or negative self-talk.

**TI = Test-Irrelevant Thinking:** tendency to become distracted by thoughts or worries unrelated to the test itself.

**B = Bodily Symptoms:** experiencing many physical symptoms of anxiety, such as headaches, nausea, shaking, or sweating.