Circle Year in School:
FR  SO  JR  SR  Other

SID# _______________________          Male ________________________
Line # _______________________ Female ______________________
Faculty Code _________________ Age _________________________

DIRECTIONS: This instrument is composed of thirty-four statements concerning feelings about communicating with other people. Indicate the degree to which the statements apply to you by marking whether you (1) strongly agree, (2) agree, (3) are undecided, (4) disagree, or (5) strongly disagree with each statement. Work quickly, recording your first impression.

(____) 1. While preparing for giving a speech, I feel tense and nervous.

(____) 2. I feel tense when I see the words SPEECH and PUBLIC SPEECH on a course outline when studying.

(____) 3. My thoughts become confused and jumbled when I am giving a speech.

____ 4. Just after giving a speech I feel that I have had a pleasant experience.

(____) 5. I get anxious when I think about a speech coming up.

____ 6. I have no fear of giving a speech.

____ 7. Although I am nervous just before starting a speech, I soon settle down after getting started and feel calm and comfortable.

____ 8. I look forward to giving a speech.

(____) 9. When the instructor announces a speaking assignment in class, I can feel myself getting tense.

(____) 10. My hands tremble when I am giving a speech.

____ 11. I feel relaxed while giving a speech.

____ 12. I enjoy preparing for a speech.

(____) 13. I am in constant fear of forgetting what I prepared to say.

(____) 14. I get anxious if someone asks me something about my topic that I do not know.

____ 15. I face the prospect of giving a speech with confidence.

____ 16. I feel that I am in complete possession of myself while speaking.

____ 17. My mind is clear when giving a speech.

____ 18. I do not dread giving a speech.

(____) 19. I perspire just before starting a speech.

(____) 20. My heart beats very fast just as I start a speech.
21. I experience considerable anxiety while sitting in the room just before my speech starts.

22. Certain parts of my body feel tense and rigid while I am giving a speech.

23. Realizing that only a little time remains in a speech makes me very tense and anxious.

24. While giving a speech I can control my feelings of tension and stress.

25. I breathe faster just before starting a speech.

26. I feel comfortable and relaxed the hour or so before giving a speech.

27. I do poorly on speeches because I am anxious.

28. I feel anxious when the teacher announces the date of a speaking assignment.

29. When I make a mistake while giving a speech, I find it hard to concentrate on the parts that follow.

30. During an important speech I experience a feeling of helplessness building up inside me.

31. I have trouble falling asleep the night before a speech.

32. My heart beats very fast while I present a speech.

33. I feel anxious while waiting to give my speech.

34. While giving a speech I get so nervous I forget facts I really know.

SCORING:
Notice some of the above statements are preceded by parentheses and some are not.

STEP ONE: Add up all the scores that are in parentheses.

STEP TWO: Using 132 as a base number, subtract the sum of the parentheses to get a sub-total.

STEP THREE: Now add all the scores NOT in parentheses.

STEP FOUR: Add this sum to the sub-total for a final score. This is your PRPSA score.

STEP FIVE: Place your PRPSA score in the circle on the front of this sheet.

ANALYSIS: Your score should range between 34 and 170, or you have made a mistake in computation. Following is a list of ranges to compare your score to:

34-84 = very low anxiety
85-92 = moderately low level of anxiety
93-110 = moderate anxiety
111-119 = moderately high level of anxiety
120-170 = very high level of anxiety

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