APPENDIX 3
THE TEST ANXIETY SCALE FOR CHILDREN

Item

1. Do you worry when the teacher says that she is going to ask you questions to find how much you know?

2. Do you worry about being promoted, that is, passing from the _____ to the _____ grade at the end of the year?

3. When the teacher asks you to get up in front of the class and read aloud, are you afraid that you are going to make some bad mistakes?

4. When the teacher says that she is going to call upon some boys and girls in the class to do arithmetic problems, do you hope that she will call upon someone else and not on you?

5. Do you sometimes dream at night that you are in school and cannot answer the teacher's questions?

6. When the teacher says that she is going to find out how much you have learned, does your heart begin to beat faster?

7. When the teacher is teaching you about arithmetic, do you feel that other children in the class understand her better than you.

8. When you are in bed at night, do you sometimes worry about how you are going to do in class the next day?

9. When the teacher asks you to write on the blackboard in front of the class, does the hand you write with sometimes shake a little?

10. When the teacher is teaching you about reading, do you feel that other children in the class understand her better than you?

11. Do you think you worry more about school than other children?

12. When you are at home and you are thinking about your arithmetic lesson for the next day, do you become afraid that you will get the answers wrong when the teacher calls upon you?
13. If you are sick and miss school, do you worry that you will do more poorly in your schoolwork than other children when you return to school?

14. Do you sometimes dream at night that other boys and girls in your class can do things you cannot do?

15. When you are home and you are thinking about your reading lesson for the next day, do you worry that you will do poorly on the lesson?

16. When the teacher says that she is going to find out how much you have learned, do you get a funny feeling in your stomach?

17. If you did very poorly when the teacher called on you, would you probably feel like crying even though you would try not to cry?

18. Do you sometimes dream at night that the teacher is angry because you do not know your lessons?

The examiner then makes the following statement before continuing:

In the following questions the word "test" is used. What I mean by "test" is any time the teacher asks you to do something to find out how much you know or how much you have learned. It could be by your writing on paper, or by your speaking aloud, or by your writing on the blackboard. Do you understand what I mean by "test"? It is any time the teacher asks you to do something to find out how much you know.

19. Are you afraid of school tests?

20. Do you worry a lot before you take a test?

21. Do you worry a lot while you are taking a test?

22. After you have taken a test do you worry about how well you did on the test?

23. Do you sometimes dream at night that you did poorly on a test you had in school that day?

24. When you are taking a test, does the hand you write with shake a little?

25. When the teacher says that she is going to give the class a test, do you become afraid that you will do poorly?
26. When you are taking a hard test, do you forget some things you knew very well before you started taking the test?
27. Do you wish a lot of times that you didn't worry so much about tests?
28. When the teacher says that she is going to give the class a test, do you get a nervous or funny feeling?
29. While you are taking a test do you usually think you are doing poorly?
30. While you are on your way to school, do you sometimes worry that the teacher may give the class a test?

LIFE ITEMS
1. Do you ever worry about knowing your lessons?
2. Do you ever worry about what other people think of you?
3. Do you ever worry that you won't be able to do something you want to do?
4. Have you ever got annoyed with any of your friends in your school?
5. Have you ever been afraid of getting hurt?
6. Do you ever forget some of your answers while taking a test?
7. Have you ever worried about what type of questions will be asked in a test?
8. Are you ever unhappy?