Test Anxiety Questionnaire

Nist and Diehl (1990) developed a short questionnaire for determining if a student experiences a mild or severe case of test anxiety. To complete this evaluation, read through each statement and reflect upon past testing experiences. You may wish to consider all testing experiences or focus on a particular subject (history, science, math, etc.) one at a time. Indicate how often each statement describes you by choosing a number from one to five as outlined below.

<table>
<thead>
<tr>
<th>Never</th>
<th>Rarely</th>
<th>Sometimes</th>
<th>Often</th>
<th>Always</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

1. _____ I have visible signs of nervousness such as sweaty palms, shaky hands, etc. right before a test.
2. _____ I have “butterflies” in my stomach.
3. _____ I feel nauseated before a test.
4. _____ I read through the test and feel that I do not know any of the answers.
5. _____ I panic before and during a test.
6. _____ My mind goes blank during a test.
7. _____ I remember the information that I blanked on once I get out of the testing situation.
8. _____ I have trouble sleeping the night before a test.
9. _____ I make mistakes on easy questions or put answers in the wrong places.
10. _____ I have trouble choosing answers.

__________ = Total  Scores will range from 10 – 50.

**10-19 Points** indicate that you do not suffer from test anxiety. In fact, if your score was extremely low (close to 10), a little more anxiety may be healthy to keep you focused and to get your blood flowing during exams.

**20-35 Points** shows that although you exhibit some of the characteristics of test anxiety, the level of stress and tension is probably healthy.

**Over 35 Points** suggest that you are experiencing an unhealthy level of test anxiety. You should evaluate the reason(s) for the distress and identify strategies for compensating. Often, students become anxious about test taking when they are not as prepared as they could be. Are you using strategies you have learned in Master Student? Also, you may want to consider seeing assistance at the Counseling and Prevention Center here on campus, 832-1945, Willard Hall room 100.