

## The Personal Report of Public Speaking Anxiety

**Directions:** Below are 34 statements that people sometimes make about themselves. Please choose whether or not each statement applies to you by marking whether you:

**Strongly Disagree = 1; Disagree = 2; Neutral = 3; Agree = 4; Strongly Agree = 5**

- \_\_\_\_\_ 1. While preparing to give a speech, I feel tense and nervous.
- \_\_\_\_\_ 2. I feel tense when I see the words “speech” or “presentation” on an assignment when studying.
- \_\_\_\_\_ 3. My thoughts become confused and jumbled when I am giving a speech.
- \_\_\_\_\_ 4. Right 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 when talking.
- \_\_\_\_\_ 8. I look forward to giving a speech.
- \_\_\_\_\_ 9. When the teacher announces a speaking assignment in class, I can feel myself getting nervous.
- \_\_\_\_\_ 10. My hands tremble when I am giving a speech.
- \_\_\_\_\_ 11. I feel relaxed when 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 about my topic that I don't know.
- \_\_\_\_\_ 15. I face the task of giving a speech with confidence.
- \_\_\_\_\_ 16. I feel that I am in complete control of myself while giving a speech.
- \_\_\_\_\_ 17. My mind is clear when giving a speech.

- \_\_\_\_\_ 18. I do not dread giving a speech.
- \_\_\_\_\_ 19. I sweat right before starting a speech.
- \_\_\_\_\_ 20. My heart beats very fast just as I start giving a speech.
- \_\_\_\_\_ 21. I experience considerable anxiety while sitting in the room just before my speech starts.
- \_\_\_\_\_ 22. Certain parts of my body become very tense and rigid while giving a speech.
- \_\_\_\_\_ 23. Realizing that only a little time remains in my speech makes me very anxious.
- \_\_\_\_\_ 24. While giving a speech, I know I can control my feelings of tension and stress.
- \_\_\_\_\_ 25. I breathe faster right before starting a speech.
- \_\_\_\_\_ 26. I feel comfortable and relaxed in the time just before giving a speech.
- \_\_\_\_\_ 27. I do poorer on speeches because I am anxious.
- \_\_\_\_\_ 28. I feel anxious when the teacher announces the date of a speech assignment.
- \_\_\_\_\_ 29. When I make a mistake during 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.
- \_\_\_\_\_ 31. I have trouble falling asleep the night before a speech.
- \_\_\_\_\_ 32. My heart beats really fast while presenting a speech.
- \_\_\_\_\_ 33. I feel anxious while waiting to give my speech.
- \_\_\_\_\_ 34. While giving a speech, I get so nervous I forget information I really know.

**Step 1:** Add scores for items 1, 2, 3, 5, 9, 10, 13, 14, 19, 20, 21, 22, 23, 25, 27, 28, 29, 30, 31, 32, 33, and 34: \_\_\_\_\_

**Step 2:** Add scores for items 4, 6, 7, 8, 11, 12, 15, 16, 17, 18, 24, and 26: \_\_\_\_\_

**PRPSA = 72 – (Step 2) + (Step 1)**