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)**