

Attachment 55

Test Anxiety Scale (TAS)

## Test Anxiety Scale (TAS) Adults and Children 13-17

**Estimated burden time: 4 minutes**

[00TAS]

On the next screens, we will ask you questions about how you feel when you take tests. Read each question carefully and answer as well as you can. After you make your choice, the computer will automatically go on to the next question.

If you want to change your answer, click on the GO BACK button to return to the previous question and then choose a different answer.

Click on the CONTINUE button when you are ready to begin.

[01TAS]

If I were to take an intelligence test, I would worry a great deal before taking it.

Yes

No

[02TAS]

During tests I find myself thinking of tasks unrelated to the task at hand.

Yes

No

[03TAS]

I have an uneasy, upset feeling before taking an important test.

Yes

No

**[04TAS]**

**When taking a test, my emotional feelings interfere with my performance.**

Yes

No

**[05TAS]**

**I seem to defeat myself while working on important tests.**

Yes

No

**[06TAS]**

**As soon as a test is over I try to stop worrying about it, but I just can't.**

Yes

No

**[07TAS]**

**Thinking about the score I may get interferes with my studying and performance on tests.**

Yes

No

**[08TAS]**

**If I knew I was going to take an intelligence test, I would feel confident and relaxed beforehand.**

Yes

No

**[09TAS]**

**Even when I'm well prepared for a test, I feel anxious about it.**

Yes

No

[10TAS]

I dread courses where the teacher has the habit of giving “pop” quizzes.

Yes

No

[11TAS]

Thoughts of doing poorly interfere with my performance on tests.

Yes

No

[12TAS]

I freeze up on things like intelligence tests and other important tests.

Yes

No