



## Speech Communication Center Apprehension Questionnaire



**Directions:** This questionnaire is composed of 24 statements concerning your feelings about communication with other people. Please indicate in the space provided the degree to which each statement applies to you by marking whether you (1) strongly agree, (2) agree, (3) are undecided, (4) disagree, or (5) strongly disagree with each statement. There are no right or wrong answers. Many of the statements are similar to other statements; do not be concerned about this. Work quickly; record your first impression.

- \_\_\_\_\_ 1. I dislike participating in group discussions.
- \_\_\_\_\_ 2. Generally, I am comfortable while participating in group discussions.
- \_\_\_\_\_ 3. I am tense and nervous while participating in group discussions.
- \_\_\_\_\_ 4. I like to get involved in group discussions.
- \_\_\_\_\_ 5. Engaging in a group discussion with new people makes me tense and nervous.
- \_\_\_\_\_ 6. I am calm and relaxed while participating in group discussions.
- \_\_\_\_\_ 7. Generally, I am nervous when I have to participate in a meeting.
- \_\_\_\_\_ 8. Usually, I am calm and relaxed while participating in meetings.
- \_\_\_\_\_ 9. I am very calm and relaxed when I am called upon to express an opinion at a meeting.
- \_\_\_\_\_ 10. I am afraid to express myself at meetings.
- \_\_\_\_\_ 11. Communicating at meetings usually makes me uncomfortable.
- \_\_\_\_\_ 12. I am very relaxed when answering questions at a meeting.
- \_\_\_\_\_ 13. While participating in a conversation with a new acquaintance, I feel very nervous.
- \_\_\_\_\_ 14. I have no fear of speaking up in conversations.
- \_\_\_\_\_ 15. Ordinarily I am very tense and nervous in conversations.
- \_\_\_\_\_ 16. Ordinarily I am very calm and relaxed in conversations.
- \_\_\_\_\_ 17. While conversing with a new acquaintance, I feel very relaxed.
- \_\_\_\_\_ 18. I'm afraid to speak up in conversations.
- \_\_\_\_\_ 19. I have no fear of giving a speech.
- \_\_\_\_\_ 20. Certain parts of my body feel very tense and rigid while giving a speech.
- \_\_\_\_\_ 21. I feel relaxed while giving a speech.
- \_\_\_\_\_ 22. My thoughts become confused and jumbled when I am giving a speech.
- \_\_\_\_\_ 23. I face the prospect of giving a speech with confidence.
- \_\_\_\_\_ 24. While giving a speech, I get so nervous that I forget facts I really know.