

Cognitive Test Anxiety Scale

Please complete the following items using the four-point scale below.

1 = Not at all typical of me

2 = Somewhat typical of me

3 = Quite typical of me

4 = Very typical of me

1	I lose sleep over worrying about examinations.	1	2	3	4
2	While taking an important examination, I find myself wondering whether the other students are doing better than I am.	1	2	3	4
3	I have <i>less</i> difficulty than the average college student in getting test instructions straight. ^a	1	2	3	4
4	I tend to freeze up on things like intelligence tests and final exams.	1	2	3	4
5	I am less nervous about tests than the average college student. ^a	1	2	3	4
6	During tests, I find myself thinking of the consequences of failing.	1	2	3	4
7	At the beginning of a test, I am so nervous that I often can't think straight.	1	2	3	4
8	The prospect of taking a test in one of my courses would <i>not</i> cause me to worry. ^a	1	2	3	4
9	I am more calm in test situations than the average college student. ^a	1	2	3	4
10	I have less difficulty than the average college student in learning assigned chapters in textbooks. ^a	1	2	3	4
11	My mind goes blank when I am pressured for an answer on a test.	1	2	3	4
12	During tests, the thought frequently occurs to me that I may not be too bright.	1	2	3	4
13	I do well in speed tests in which there are time limits. ^a	1	2	3	4
14	During a course examination, I get so nervous that I forget facts I really know.	1	2	3	4
15	After taking a test, I feel I could have done better than I actually did.	1	2	3	4
16	I worry more about doing well on tests than I should.	1	2	3	4
17	Before taking a test, I feel confident and relaxed. ^a	1	2	3	4
18	While taking a test, I feel confident and relaxed. ^a	1	2	3	4
19	During tests, I have the feeling that I am not doing well.	1	2	3	4
20	When I take a test that is difficult, I feel defeated before I even start.	1	2	3	4
21	Finding unexpected questions on a test causes me to feel challenged rather than panicky. ^a	1	2	3	4

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22	I am a poor test taker in the sense that my performance on a test does not show how much I really know about a topic.	1	2	3	4
23	I am not good at taking tests.	1	2	3	4
24	When I first get my copy of a test, it takes me a while to calm down to the point where I can begin to think straight.	1	2	3	4
25	I feel under a lot of pressure to get good grades on tests.	1	2	3	4
26	I do not perform well on tests.	1	2	3	4
27	When I take a test, my nervousness causes me to make careless errors.	1	2	3	4
^a Item was recoded to produce consistency in scale so that high values always reflect high-cognitive test anxiety responses.					

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Overview:

The Cognitive Test Anxiety Scale (CTAS) is a 27 – item measure designed to assess the cognitive indicators of test anxiety across the preparation and performance phases of the learning test cycle.

To Score:

To score the Cognitive Test Anxiety Scale, sum the responses provided to each item to create a total score (After recoding reverse-scored items). Higher scores on the measure indicate higher levels of cognitive test anxiety.

Citation Information:

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