

Cognitive Test Anxiety Scale – Short Form

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 tend to freeze up on things like intelligence tests and final exams.	1	2	3	4
4	During tests, I find myself thinking of the consequences of failing.	1	2	3	4
5	At the beginning of a test, I am so nervous that I often can't think straight.	1	2	3	4
6	During tests, the thought frequently occurs to me that I may not be too bright.	1	2	3	4
7	During a course examination, I get so nervous that I forget facts I really know.	1	2	3	4
8	After taking a test, I feel I could have done better than I actually did.	1	2	3	4
9	I worry more about doing well on tests than I should.	1	2	3	4
10	During tests, I have the feeling that I am not doing well.	1	2	3	4
11	When I take a test that is difficult, I feel defeated before I even start.	1	2	3	4
12	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
13	I am not good at taking tests.	1	2	3	4
14	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
15	I feel under a lot of pressure to get good grades on tests.	1	2	3	4
16	I do not perform well on tests.	1	2	3	4
17	When I take a test, my nervousness causes me to make careless errors.	1	2	3	4

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Overview:

The Cognitive Test Anxiety Scale – Short Form is a 17 – item revision to the original Cognitive Test Anxiety Scale (CTAS). Psychometric analyses of the original CTAS revealed that the inclusion of reverse-coded items produced an unintended factor (Test Confidence). Therefore, the Cognitive Test Anxiety Scale – Short Form was created by removing reverse-coded items from the original instrument in an attempt to create a more parsimonious measure of cognitive test anxiety.

To Score:

To score the Cognitive Test Anxiety Scale – Short Form sum the responses provided to each item to create a total score. Higher scores on the measure indicate higher levels of cognitive test anxiety.

Citation Information:

Cassady, J. C., & Finch, W. H. (2014). Confirming the Factor Structure of the Cognitive Test Anxiety Scale: Comparing the Utility of Three Solutions. *Educational Assessment, 19*(3), 229–242.
<http://doi.org/10.1080/10627197.2014.934604>

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:

Cognitive Test Anxiety Scale – Short Form

To score the Cognitive Test Anxiety Scale (CTAS) 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:

Cassady, J. C., & Johnson, R. E. (2002). Cognitive Test Anxiety and Academic Performance. *Contemporary Educational Psychology*, 27(2), 270–295. <http://doi.org/10.1006/ceps.2001.1094>