Personal Report of Public Speaking Anxiety (PRPSA)

This was the first scale we developed in our work on communication apprehension. It is highly reliable (alpha estimates >.90) but it focuses strictly on public speaking anxiety.

**Directions:** Below are 34 statements that people sometimes make about themselves. Please indicate whether or not you believe each statement applies to you by marking whether you:

**Strongly Disagree = 1; Disagree = 2; Neutral = 3; Agree = 4; Strongly Agree = 5.**

1. While preparing for giving a speech, I feel tense and nervous.
2. I feel tense when I see the words “speech” and “public speech” on a course outline 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 after starting and feel calm and comfortable.
8. I look forward to giving a speech.
9. When the instructor announces a speaking assignment in class, I can feel myself getting tense.
10. My hands tremble when I am giving a speech.
11. I feel relaxed while 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 something about my topic that I don’t know.
15. I face the prospect of giving a speech with confidence.
16. I feel that I am in complete possession 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 perspire just before starting a speech.
20. My heart beats very fast just as I start a speech.
21. I experience considerable anxiety while sitting in the room just before my speech starts.
22. Certain parts of my body feel very tense and rigid while giving a speech.
23. Realizing that only a little time remains in a speech makes me very tense and anxious.
24. While giving a speech, I know I can control my feelings of tension and stress.
25. I breathe faster just before starting a speech.
26. I feel comfortable and relaxed in the hour or so 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 speaking assignment.
29. When I make a mistake while giving 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 inside me.
31. I have trouble falling asleep the night before a speech.
32. My heart beats very fast while I present a speech.
33. I feel anxious while waiting to give my speech.
34. While giving a speech, I get so nervous I forget facts I really know.

**Scoring:** To determine your score on the PRPSA, complete the following steps:

**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 the scores for items 4, 6, 7, 8, 11, 12, 15, 16, 17, 18, 24, and 26

**Step 3.** Complete the following formula:

\[ \text{PRPSA} = 72 - \text{Total from Step 2} + \text{Total from Step 1} \]

Your score should be between 34 and 170. If your score is below 34 or above 170, you have made a mistake in computing the score.
High = > 131
Low = < 98
Moderate = 98-131
Mean = 114.6; SD = 17.2

Source: