

# Personal Report of Public-Speaking Anxiety (PRPSA)

**DIRECTIONS:** This instrument is composed of thirty-four statements concerning feelings about communicating with other people. Indicate the degree to which the statements apply to you by marking whether you (1) strongly agree, (2) agree, (3) are undecided, (4) disagree, or (5) strongly disagree with each statement. Work quickly; record your first impression.

- \_\_\_\_\_ 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 do not 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.

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- \_\_\_\_\_ 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 the 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:

$$\text{PRPSA} = 132 - \text{Total from Step 1} + \text{Total from Step 2.}$$

Your score should range between 34 and 170. If your score is below 34 or above 170, you have made a mistake in computing the score.

### **Interpreting the Personal Report of Public-Speaking Anxiety**

For people with scores between 34 and 84 on the PRPSA, very few public-speaking situations would produce anxiety.

Scores between 85 and 92 indicate a moderately low level of anxiety about public speaking. While some public-speaking situations would be likely to arouse anxiety in people with such scores, most situations would not be anxiety arousing.

Scores between 93 and 110 indicate moderate anxiety in most public-speaking situations, but the level of anxiety is not likely to be so severe that the individual wouldn't be able to cope with it and eventually become a successful speaker.

Scores that range between 111 and 119 suggest a moderately high level of anxiety about public speaking. People with such scores will tend to avoid public speaking because it usually arouses a fairly high level of anxiety. While some public-speaking situations may not cause too much of a problem, most will be problematic.

Scores between 120 and 170 indicate a very high level of anxiety about public speaking. People with scores in this range have very high anxiety in most, if not all, public-speaking situations and are likely to go to considerable lengths to avoid them. It is unlikely that they can become successful public speakers unless they overcome or significantly reduce their anxiety.

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