

MATH ANXIETY SELF-REPORT TOOL

This survey asks about your feelings about math. Some of the questions will ask you to rate your level of *anxiety*, which includes feelings such as worry and nervousness. Other questions ask you how much you like doing certain math-related activities, and whether you have any physical discomfort doing math.

Part A: For each of the following items, select **how feel or would feel** in the following situations.

	Not anxious	Slightly anxious	Moderately anxious	Very anxious
Taking a math test.	☐	☐	☐	☐
Thinking about a math test the day before you take it.	☐	☐	☐	☐
Being given math homework with lots of difficult questions that you have to hand in the next day.	☐	☐	☐	☐
Finding out that you are going to have a surprise math quiz when you start your math lesson.	☐	☐	☐	☐
Listening to another student in your class explain a math problem.	☐	☐	☐	☐
Having to complete a worksheet by yourself.	☐	☐	☐	☐
Starting a new topic in math.	☐	☐	☐	☐
Watching the teacher work out a math problem on the board.	☐	☐	☐	☐
Listening to the teacher talk for a long time in math.	☐	☐	☐	☐

Part B: For each of the following items, select **how often** each statement applies to you.

	Never	Sometimes	Usually	Always
Math gives me a stomachache.	☐	☐	☐	☐
When it is time for math, my head hurts.	☐	☐	☐	☐
I am scared in math class.	☐	☐	☐	☐
My heart starts to beat fast if I have to do math in my head.	☐	☐	☐	☐

Items in part (A) are based on work by Carey, Hill, Devine, & Szűcs, 2017.

Items in parts (B) and (C) are based on work by Ganley & McGraw, 2016.

Part C: For each of the following items, select **how much you agree** with each statement.

	Not at all agree	Somewhat agree	Mostly agree	Completely agree
I get nervous about making a mistake in math.	☐	☐	☐	☐
When the teacher calls on me to tell my answer to the class, I get nervous.	☐	☐	☐	☐
I get worried before I take a math test.	☐	☐	☐	☐
I get nervous when my teacher is about to teach something new in math.	☐	☐	☐	☐
I get worried when I don't understand something in math.	☐	☐	☐	☐
I feel nervous when I am doing math.	☐	☐	☐	☐
I like doing math problems on the board in front of the class.	☐	☐	☐	☐
I like to raise my hand in math class.	☐	☐	☐	☐
I like being called on in math class.	☐	☐	☐	☐

SCORING DIRECTIONS

Part A: For each item, award points according to the following scheme

Not anxious	Slightly anxious	Moderately anxious	Very anxious
1	2	3	4

Part B: For each item, award points according to the following scheme

Never	Sometimes	Usually	Always
1	2	3	4

Part C: For each of the *first 6 items*, award points according to the following scheme

Not at all agree	Somewhat agree	Mostly agree	Completely agree
1	2	3	4

For each of the *final 3 items*, award points according to the following scheme

Not at all agree	Somewhat agree	Mostly agree	Completely agree
4	3	2	1

Sum the points of all items. The higher the total score, the higher the math anxiety level.