

Math Anxiety Questionnaire

(<http://www.mathpower.com/anxtest.htm>)



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Rate your answers from 1 to 5; add them up and check your score below.

(1) = Disagree, (5) = Agree.

1. I cringe when I have to go to math class. **1 2 3 4 5**
2. I am uneasy about going to the board in a math class. **1 2 3 4 5**
3. I am afraid to ask questions in math class. **1 2 3 4 5**
4. I am always worried about being called on in math class. **1 2 3 4 5**
5. I understand math now, but I worry that it's going to get really difficult soon. **1 2 3 4 5**
6. I tend to zone out in math class. **1 2 3 4 5**
7. I fear math tests more than any other kind. **1 2 3 4 5**
8. I don't know how to study for math tests. **1 2 3 4 5**
9. It's clear to me in math class, but when I go home it's like I was never there. **1 2 3 4 5**
10. I'm afraid I won't be able to keep up with the rest of the class. **1 2 3 4 5**

Add up your answers and then turn this page over for scoring information.

Check your score...

40-50 It is likely that you have math anxiety.

30-39 You are a bit fearful about math.

20-29 On the fence!

10-19 Wow! Loose as a goose!