Personal Report of Communication Apprehension 24

This instrument is composed of twenty-four statements concerning feelings about communicating with others. Please indicate the degree to which each statement applies to you by marking whether you:

<table>
<thead>
<tr>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Neutral</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
</tr>
</tbody>
</table>

_____ 1. I dislike participating in group discussions.

_____ 2. Generally, I am comfortable while participating in group discussions.

_____ 3. I am tense and nervous while participating in group discussions.

_____ 4. I like to get involved in group discussions.

_____ 5. Engaging in a group discussion with new people makes me tense and nervous.

_____ 6. I am calm and relaxed while participating in group discussions.

_____ 7. Generally, I am nervous when I have to participate in a meeting.

_____ 8. Usually, I am comfortable when I have to participate in a meeting.

_____ 9. I am very calm and relaxed when I am called upon to express an opinion at a meeting.

_____ 10. I am afraid to express myself at meetings.

_____ 11. Communicating at meetings usually makes me uncomfortable.

_____ 12. I am very relaxed when answering questions at a meeting.

_____ 13. While participating in a conversation with a new acquaintance, I feel very nervous.

_____ 14. I have no fear of speaking up in conversations.

_____ 15. Ordinarily I am very tense and nervous in conversations.

_____ 16. Ordinarily I am very calm and relaxed in conversations.

_____ 17. While conversing with a new acquaintance, I feel very relaxed.

_____ 18. I’m afraid to speak up in conversations.

_____ 19. I have no fear of giving a speech.

_____ 20. Certain parts of my body feel very tense and rigid while giving a speech.

_____ 21. I feel relaxed while giving a speech.
22. My thoughts become confused and jumbled when I am giving a speech.

23. I face the prospect of giving a speech with confidence.

24. While giving a speech, I get so nervous I forget facts I really know.

SCORING:

Group discussion: $18 + (\text{scores for items 2, 4, \& 6}) - (\text{scores for items 1,3, \& 5})$

Meetings: $18 + (\text{scores for items 8, 9, \& 12}) - (\text{scores for items 7, 10, \& 11})$

Interpersonal: $18 + (\text{scores for items 14, 16, \& 17}) - (\text{scores for items 13, 15, \& 18})$

Public Speaking: $18 + (\text{scores for items 19, 21, \& 23}) - (\text{scores for items 20, 22, \& 24})$

Group Discussion Score: _______  Interpersonal Score: _______

Meetings Score: _______  Public Speaking Score: _______

To obtain your total score for the PRCA, simply add your sub scores together. _______

Scores can range from 24-120. Scores below 59 represent people who have very low CA. Scores between 60-70 represent people with average CA. Scores above 72 represent people who are generally more apprehensive than average. Scores above 85 represent people who have high levels of trait CA.

NORMS FOR THE PRCA 24

<table>
<thead>
<tr>
<th></th>
<th>Mean</th>
<th>Standard Deviation</th>
</tr>
</thead>
<tbody>
<tr>
<td>For Total Score</td>
<td>65.6</td>
<td>15.3</td>
</tr>
<tr>
<td>Group</td>
<td>15.4</td>
<td>4.8</td>
</tr>
<tr>
<td>Meeting</td>
<td>16.4</td>
<td>4.2</td>
</tr>
<tr>
<td>Dyad (Interpersonal)</td>
<td>14.5</td>
<td>4.2</td>
</tr>
<tr>
<td>Public</td>
<td>19.3</td>
<td>5.1</td>
</tr>
</tbody>
</table>

Source
