

Personal Report of Communication Apprehension (PRCA-24)

Directions: This instrument is composed of 24 statements concerning feelings about communicating with others. Please indicate the degree to which each statement applies to you by marking whether you:

Strongly Disagree = 1; Disagree = 2; are Neutral = 3; Agree = 4; Strongly Agree = 5

- _____ 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 - (scores for items 2, 4, & 6) + (scores for items 1, 3, & 5)

Meetings: 18 - (scores for items 8, 9, & 12) + (scores for items 7, 10, & 11)

Interpersonal: 18 - (scores for items 14, 16, & 17) + (scores for items 13, 15, & 18)

Public Speaking: 18 - (scores for items 19, 21, & 23) + (scores for items 20, 22, & 24)

Personal Report Of Communication Apprehension

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Personal Report Of Communication Apprehension:

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