

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

Emilie Sanchez



Personal Report Of Communication Apprehension:

Whispering the Techniques of Language: An Mental Journey through **Personal Report Of Communication Apprehension**

In a digitally-driven world where displays reign great and immediate interaction drowns out the subtleties of language, the profound techniques and mental nuances concealed within words often go unheard. Yet, situated within the pages of **Personal Report Of Communication Apprehension** a fascinating fictional prize pulsing with natural thoughts, lies an extraordinary journey waiting to be undertaken. Published by a talented wordsmith, that enchanting opus invites readers on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the cloth of each and every word. Within the psychological depths of this poignant evaluation, we shall embark upon a genuine exploration of the book is core styles, dissect their interesting writing model, and fail to the effective resonance it evokes heavy within the recesses of readers hearts.

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