Brief FRIEDBEN Test Anxiety Scale

Directions: please mark the number that best describes your feeling in relation to an OSCE.

1. 1. If I fail a test, I am afraid what my friends will think.
   Mark only one oval.
   - 1. Does not describe me at all
   - 2.
   - 3.
   - 4.
   - 5.
   - 6. Describes me perfectly

2. 2. If I fail a test, I am afraid people will consider me worthless.
   Mark only one oval.
   - 1. Does not describe me at all
   - 2.
   - 3.
   - 4.
   - 5.
   - 6. Describes me perfectly

3. 3. I am very worried about what my teacher will think or do if I fail this test.
   Mark only one oval.
   - 1. Does not describe me at all
   - 2.
   - 3.
   - 4.
   - 5.
   - 6. Describes me perfectly
4. I am worried that all my friends will get high scores on the test and only I will get low ones.  
*Mark only one oval.*

- 1. Does not describe me at all  
- 2.  
- 3.  
- 4.  
- 5.  
- 6. Describes me perfectly

5. I am worried that failure on the test will embarrass me socially.  
*Mark only one oval.*

- 1. Does not describe me at all  
- 2.  
- 3.  
- 4.  
- 5.  
- 6. Describes me perfectly

6. During a test, my thoughts are clear and I answer all questions.  
*Mark only one oval.*

- 1. Describes me perfectly  
- 2.  
- 3.  
- 4.  
- 5.  
- 6. Does not describe me at all

7. During a test, I feel that I'm in good shape and that I'm organised.  
*Mark only one oval.*

- 1. Describes me perfectly  
- 2.  
- 3.  
- 4.  
- 5.  
- 6. Does not describe me at all
8. I feel that my chances are good to perform well on tests.
   Mark only one oval.
   
   - 1. Describes me perfectly
   - 2.
   - 3.
   - 4.
   - 5.
   - 6. Does not describe me at all

9. I usually function well on tests.
   Mark only one oval.
   
   - 1. Describes me perfectly
   - 2.
   - 3.
   - 4.
   - 5.
   - 6. Does not describe me at all

10. I am very tense before a test, even if I am well prepared.
    Mark only one oval.
    
    - 1. Does not describe me at all
    - 2.
    - 3.
    - 4.
    - 5.
    - 6. Describes me perfectly

11. While I am taking an important test, my heart beats rapidly.
    Mark only one oval.
    
    - 1. Does not describe me at all
    - 2.
    - 3.
    - 4.
    - 5.
    - 6. Describes me perfectly
12. **I am terribly scared of tests.**

   *Mark only one oval.*

   - [ ] 1. Does not describe me at all
   - [ ] 2.
   - [ ] 3.
   - [ ] 4.
   - [ ] 5.
   - [ ] 6. Describes me perfectly