Daly-Hailey Situational Anxiety Measures

You have just completed reading some descriptions of a writing situation. Imagine that you are in that situation. The following statements are about how you would feel in that situation. Please indicate whether you: 1) strongly agree (SA), 2) agree, (A), 3) neither agree or disagree (UN), (4) disagree (D), or (5) strongly disagree (SD) with the statement. There are no right or wrong answers. Just respond thinking about how you would feel in the situation described.

\_\_\_\_ 1 – I feel terrified about the writing assignment.

\_\_\_\_ 2 – I feel comfortable about the writing task.

\_\_\_\_ 3 – I feel panicky about the writing project.

\_\_\_\_ 4 – I feel calm about the writing assignment.

\_\_\_\_ 5 – I feel apprehensive about the writing task.

\_\_\_\_ 6 – I’m uneasy about the writing assignment.

\_\_\_\_ 7 – I’m tense about the writing task.

\_\_\_\_ 8 – I feel secure about the writing assignment.

\_\_\_\_ 9 – I feel at east about the writing task.

\_\_\_\_ 10 – I feel upset about the writing project.

\_\_\_\_ 11 – I’m worrying about the writing assignment.

\_\_\_\_ 12 – I feel anxious about the writing task.

\_\_\_\_ 13 – I feel self-confident about the writing task.

\_\_\_\_ 14 – I feel nervous about the writing assignment.

\_\_\_\_ 15 – I am jittery about the writing assignment.

\_\_\_\_ 16 – I am relaxed about the assignment.

\_\_\_\_ 17 – I am worried about the writing task.

Now consider how you would feel about the entire classroom day. Indicate how you think you would be feeling immediately after the assignment overall.

\_\_\_\_ 1 – I feel calm.

\_\_\_\_ 2 – I feel secure.

\_\_\_\_ 3 – I am tense.

\_\_\_\_ 4 – I feel at ease.

\_\_\_\_ 5 – I feel upset.

\_\_\_\_ 6 – I feel anxious.

\_\_\_\_ 7 – I feel comfortable.

\_\_\_\_ 8 – I feel self-confident.

\_\_\_\_ 9 – I feel nervous.

\_\_\_\_ 10 – I feel jittery.