

## Personal Report of Communication Apprehension (PRCA-24)

**DIRECTIONS:** This instrument is composed of twenty-four statements concerning feelings about communicating with other people. Please indicate the degree to which each statement applies to you by marking whether you **strongly agree (1-SA)**, **agree (2-A)**, **undecided (3-U)**, **disagree (4-D)**, or **strongly disagree (5-SD)**.

Work quickly; record your first impression.

Question	Response				
1. I dislike participating in group discussions.	1 - SA	2 - A	3 - U	4 - D	5 - SD
2. Generally, I am comfortable while participating in group discussions.	1 - SA	2 - A	3 - U	4 - D	5 - SD
3. I am tense and nervous while participating in group discussions.	1 - SA	2 - A	3 - U	4 - D	5 - SD
4. I like to get involved in group discussions.	1 - SA	2 - A	3 - U	4 - D	5 - SD
5. Engaging in a group discussion with new people makes me tense and nervous.	1 - SA	2 - A	3 - U	4 - D	5 - SD
6. I am calm and relaxed while participating in group discussions.	1 - SA	2 - A	3 - U	4 - D	5 - SD
7. Generally, I am nervous when I have to participate in a meeting.	1 - SA	2 - A	3 - U	4 - D	5 - SD
8. Usually I am calm and relaxed while participating in meetings.	1 - SA	2 - A	3 - U	4 - D	5 - SD
9. I am very calm and relaxed when I am called upon to express an opinion at a meeting.	1 - SA	2 - A	3 - U	4 - D	5 - SD
10. I am afraid to express myself at meetings.	1 - SA	2 - A	3 - U	4 - D	5 - SD
11. Communicating at meetings usually makes me uncomfortable.	1 - SA	2 - A	3 - U	4 - D	5 - SD
12. I am very relaxed when answering questions at a meeting.	1 - SA	2 - A	3 - U	4 - D	5 - SD
13. While participating in a conversation with a new acquaintance, I feel very nervous.	1 - SA	2 - A	3 - U	4 - D	5 - SD
14. I have no fear of speaking up in conversations.	1 - SA	2 - A	3 - U	4 - D	5 - SD
15. Ordinarily I am very tense and nervous in conversations.	1 - SA	2 - A	3 - U	4 - D	5 - SD
16. Ordinarily I am very calm and relaxed in conversations.	1 - SA	2 - A	3 - U	4 - D	5 - SD
17. While conversing with a new acquaintance, I feel very relaxed.	1 - SA	2 - A	3 - U	4 - D	5 - SD
18. I'm afraid to speak up in conversations.	1 - SA	2 - A	3 - U	4 - D	5 - SD
19. I have no fear of giving a speech.	1 - SA	2 - A	3 - U	4 - D	5 - SD
20. Certain parts of my body feel very tense and rigid while giving a speech.	1 - SA	2 - A	3 - U	4 - D	5 - SD
21. I feel relaxed while giving a speech.	1 - SA	2 - A	3 - U	4 - D	5 - SD
22. My thoughts become confused and jumbled when I am giving a speech.	1 - SA	2 - A	3 - U	4 - D	5 - SD
23. I face the prospect of giving a speech with confidence.	1 - SA	2 - A	3 - U	4 - D	5 - SD
24. While giving a speech, I get so nervous I forget facts I really know.	1 - SA	2 - A	3 - U	4 - D	5 - SD

## Personal Report of Communication Apprehension Scoring

**SCORING:** Compute subscores for four communication contexts—group discussions, meetings, interpersonal conversations, and public speaking— and an overall communication apprehension (CA) score. Strongly agree=1 point, agree=2 points, undecided=3 points, etc.

Sub scores	Scoring Formula
Group discussion	18+scores for items 2, 4, and 6; – scores for items 1, 3, and 5
Meetings	18+scores for items 8, 9, and 12; – scores for items 7, 10, and 11
Interpersonal conversations	18+scores for items 14, 16, and 17; – scores for items 13, 15, and 18
Public speaking	18+scores for items 19, 21, and 23; – scores for items 20, 22, and 24

Scores on the four contexts (groups, meetings, interpersonal conversations, and public speaking) can range from a low of 6 to a high of 30. Any score above 18 indicates some degree of apprehension.

**To determine your overall CA score, add together all four sub scores.**

Your score should range between 24 and 120. If your score is below 24 or above 120, you have made a mistake in computing the score.

Scores between **83 and 120** indicate a high level of communication apprehension.

Scores between **55 and 83** indicate a moderate level of communication apprehension.

Scores between **24 and 55** indicate a low level of communication apprehension.