

Anxiety Questionnaire

The items in the questionnaire refer to experiences that may cause fear or apprehension. For each item, check the box that describes how much you are frightened by it or perhaps if you regularly do the activities listed below. Work quickly but be sure to consider each item individually. Don't overthink it, go with your gut. For each box you check, write down the corresponding number of points:

Not At All = 1; A Little = 2; A Fair Amount = 3; Much = 4; Very Much = 5.

The following situations cause me high anxiety and stress.	NOT AT ALL	A LITTLE	A FAIR AMOUNT	MUCH	VERY MUCH
1. Going into a regularly scheduled rehearsal/meeting in which the conductor/leader asks the individuals to perform/present either alone or in a small group.					
2. Going to practice.					
3. Spending time reviewing notes or music just before my lesson/meeting.					
4. Hearing that I am scheduled to present or perform in some way.					
5. Hearing the announcement of a coming meeting/performance where I might have to discuss my work.					

6. Thinking about a presentation/performance coming up in a month.					
7. Thinking about a presentation/performance coming up in a week.					
8. Studying for a meeting/class in which I am scared of the boss/professor.					
9. Waiting to see my audition/performance review outcomes.					
10. Thinking about a presentation/performance coming up the next day.					
11. Rehearsing for a presentation/performance the night before.					
12. Waiting to enter the room where I am to present or perform by myself.					
13. Waiting to enter the room where I am to present or perform with a group.					
14. Being called on to answer a question in a meeting or class.					

15. Waiting for the day my performance review/grade/audition outcome will appear.					
16. I fear I might be the worst employee/musician in the department/company.					
17. Discussing with the professor/boss my fears or issues with anxiety.					
18. Thinking about having to perform/present or lead in any scenario.					
19. Practicing whether it is verbal or sung.					
20. Meeting with my accompanist, co-lead or direct supervisor.					
21. Comparing myself to the other musicians/employees in the department/company.					
23. After the presentation/performance, thinking about feedback or comments by peers.					
24. Looking at the clock to see how much time remains in my lesson/meeting.					
25. Seeing the amount or pages that exist in a song or the amount of work in my project.					

26. Being asked by someone if I am ready to perform/present.					
27. Being the first one to walk out on stage or present in the meeting.					
28. Being asked by a friend what my range is, or what my performance review was like.					
29. Remembering my past reactions to performing/presenting while preparing for another performance/meeting.					
30. Seeking out a practice/performance coach or professor/boss for advice or help.					
31. On the first day of classes hearing the professor announce the dates of the departmentals and performances of which I will be taking part. Or on the first day of a new project launch hearing the assignments and leads for initiatives of which I will be taking part.					
TOTALS FOR EACH COLUMN					

TOTAL SCORE

Score Outcomes:

32 - 63 = You are handling your anxiety and performance pressure really well.

64 - 95 = You have some anxiety and feelings of pressure but you are able to hold your own.

96 - 127 = You are around average on the anxiety and feelings of pressure scale. You like most, have some degree of fear and dread when it comes to performance.

128 - 140 = You struggle with some anxiety issues and the ability to handle stress when under pressure. You may want to develop some coping strategies to help you when you feel fear or dread in these kinds of situations.

141 - 160 = You may have a generalized anxiety disorder. You may want to seek out professional help. Many people have generalized anxiety disorder. It is not uncommon. In fact it is quite prevalent. Seeking help from your primary care doctor and perhaps a therapist/coach who specializes in anxiety management may be a route you want to take.**

** This is not a diagnosis. Please see a medical/mental health professional.