

PRCA: Personal Report Of Communication Apprehension

McCroskey, J.C. (1970). "Measures of communication bound anxiety." *Speech Monographs*, 37, 269-279.

This instrument is composed of twenty-five statements concerning feelings about communicating with other people in public speaking situations. Please indicate the degree to which each statement applies to you by marking whether you (1) strongly agree, (2) agree, (3) are undecided, (4) disagree, or (5) strongly disagree with each statement. Please just record your first impression. Again, the scale is:

(1) = strongly agree (2) = agree (3) = undecided (4) = disagree (5) = strongly disagree

- * 1. While participating in a conversation with a new acquaintance I feel very nervous.
- 2. I have no fear of facing an audience.
- * 3. I talk less because I am shy.
- 4. I look forward to expressing my opinions at meetings.
- * 5. I am afraid to express myself in a group.
- 6. I look forward to an opportunity to speak in public.
- 7. I find the prospect of speaking mildly pleasant.
- * 8. When communicating, my posture feels strained and unnatural.
- * 9. I am tense and nervous while participating in group discussions.
- * 10. Although I talk fluently with friends I am at loss for words on the platform.
- 11. I have no fear about expressing myself in a group.
- * 12. My hands tremble when I try to handle objects on the platform.
- * 13. I always avoid speaking in public if possible.
- 14. I feel that I am more fluent when talking to people than most other people.
- * 15. I am fearful and tense all the while I am speaking before a group of people.
- * 16. My thoughts become confused and jumbled when I speak before an audience.
- 17. I like to get involved in group discussions.
- 18. Although I am nervous just before getting up, I soon forget my fears and enjoy the experience.
- * 19. Conversing with people who hold positions of authority causes me to be fearful and tense.

* _____ 20. I dislike using my body and voice expressively.

_____ 21. I feel relaxed and comfortable while speaking.

* _____ 22. I feel self-conscious when I am called upon to answer a question or give an opinion in front of my co-workers.

_____ 23. I face the prospect of making a speech with complete confidence.

* _____ 24. I am afraid to speak up in conversations.

_____ 25. I would enjoy presenting a speech on a local television show.

Scoring The PRCA:

1. Add up your scores for all of the questions with stars next to them.
2. Add up your scores for the remaining questions.
3. Complete the following formula:

$$84 - \text{_____ (total from step 1)} + \text{_____ (total from step 2)} = \text{_____ (PRCA score)}$$

0-24	Lowest level of apprehension
25-50	Low level of apprehension
51-79	Normal level of apprehension
80-125	Extremely high level of apprehension