Personal Report of Communication Apprehension (PRCA-24)

Directions: This instrument is composed of 24 statements concerning feelings about communicating with others. Please indicate the degree to which each statement applies to you by marking whether you:

Strongly Disagree = 1; Disagree = 2; are Neutral = 3; Agree = 4; Strongly Agree = 5

_____ 1. I dislike participating in group discussions.
_____ 2. Generally, I am comfortable while participating in group discussions.
_____ 3. I am tense and nervous while participating in group discussions.
_____ 4. I like to get involved in group discussions.
_____ 5. Engaging in a group discussion with new people makes me tense and nervous.
_____ 6. I am calm and relaxed while participating in group discussions.
_____ 7. Generally, I am nervous when I have to participate in a meeting.
_____ 8. Usually, I am comfortable when I have to participate in a meeting.
_____ 9. I am very calm and relaxed when I am called upon to express an opinion at a meeting.
_____10. I am afraid to express myself at meetings.
_____11. Communicating at meetings usually makes me uncomfortable.
_____12. I am very relaxed when answering questions at a meeting.
_____13. While participating in a conversation with a new acquaintance, I feel very nervous.
_____14. I have no fear of speaking up in conversations.
_____15. Ordinarily I am very tense and nervous in conversations.
_____16. Ordinarily I am very calm and relaxed in conversations.
_____17. While conversing with a new acquaintance, I feel very relaxed.
_____18. I’m afraid to speak up in conversations.
_____19. I have no fear of giving a speech.
_____20. Certain parts of my body feel very tense and rigid while giving a speech.
_____21. I feel relaxed while giving a speech.
_____22. My thoughts become confused and jumbled when I am giving a speech.
_____23. I face the prospect of giving a speech with confidence.
_____24. While giving a speech, I get so nervous I forget facts I really know.

SCORING:

Group discussion: 18 - (scores for items 2, 4, & 6) + (scores for items 1,3, & 5)
Meetings: 18 - (scores for items 8, 9, & 12) + (scores for items 7, 10, & 11)
Interpersonal: 18 - (scores for items 14, 16, & 17) + (scores for items 13, 15, & 18)
Public Speaking: 18 - (scores for items 19, 21, & 23) + (scores for items 20, 22, &24)
Group Discussion Score: _______
Interpersonal Score: _______
Meetings Score: _______
Public Speaking Score: _______

To obtain your total score for the PRCA, simply add your sub-scores together. _______

Scores can range from 24-120. Scores below 51 represent people who have very low CA. Scores between 51-80 represent people with average CA. Scores above 80 represent people who have high levels of trait CA.

**NORMS FOR THE PRCA-24:** (based on over 40,000 college students; data from over 3,000 non-student adults in a national sample provided virtually identical norms, within 0.20 for all scores.)

<table>
<thead>
<tr>
<th>Mean</th>
<th>Standard Deviation</th>
<th>High</th>
<th>Low</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Score: 65.6</td>
<td>15.3</td>
<td>&gt; 80</td>
<td>&lt; 51</td>
</tr>
<tr>
<td>Group: 15.4</td>
<td>4.8</td>
<td>&gt; 20</td>
<td>&lt; 11</td>
</tr>
<tr>
<td>Meeting: 16.4</td>
<td>4.2</td>
<td>&gt; 20</td>
<td>&lt; 13</td>
</tr>
<tr>
<td>Dyad (Interpersonal): 14.2</td>
<td>3.9</td>
<td>&gt; 18</td>
<td>&lt; 11</td>
</tr>
<tr>
<td>Public: 19.3</td>
<td>5.1</td>
<td>&gt; 24</td>
<td>&lt; 14</td>
</tr>
</tbody>
</table>

**Source:**