

Appendix B: Anxiety Preview Questionnaire

Your score may range from -10 (high anxiety with little controllability) to 10 (low anxiety with high controllability). Give yourself one point for every statement marked “true.” Subtract one point for every statement marked “false.”

1. I am not afraid to face an audience.
2. After finishing a performance, I usually feel as though I would like to continue playing or singing.
3. While I am performing, I normally feel comfortable and relaxed.
4. I enjoy the process of preparing for a performance.
5. Audiences usually seem friendly when I walk onto the stage.

Give yourself one point for every statement marked “false.” Subtract one point for every statement marked “true.”

1. Some parts of my body tremble while I am performing.
2. I am frightened at the thought of performing in front of a group of people.
3. I do not enjoy using my body expressively during performance.
4. I feel tense and my posture feels unnatural when I am performing.
5. I often feel bad about myself after playing in front of people.