**Manifest Anxiety Scale**

Instructions: The statements below inquire about your behavior and emotions. Consider each statement carefully. Then indicate whether the statements are generally true or false for you. Record your response (check true or false) in the spaces provided.

1. I do not tire quickly-------------------------------------------------
   [ ] True [ ] False

2. I believe I am no more nervous than others---------------------
   [ ] True [ ] False

3. I have very few headaches-----------------------------------------
   [ ] True [ ] False

4. I work under a great deal of tension-----------------------------
   [ ] True [ ] False

5. I frequently notice my hand shakes when I try to do something- [ ] True [ ] False

6. I blush no more often than others---------------------------------
   [ ] True [ ] False

7. I have diarrhea one a month or more-----------------------------
   [ ] True [ ] False

8. I worry quite a bit over possible misfortunes------------------
   [ ] True [ ] False

9. I practically never blush-----------------------------------------
   [ ] True [ ] False

10. I am often afraid that I am going to blush----------------------
    [ ] True [ ] False

11. My hands and feet are usually warm enough----------------------
    [ ] True [ ] False

12. I sweat very easily even on cool days--------------------------
    [ ] True [ ] False

13. Sometimes when embarrassed, I break out in a sweat--------
    [ ] True [ ] False

14. I hardly ever notice my heart pounding, and I am seldom short of breath-----------------------------------------------
    [ ] True [ ] False

15. I feel hungry almost all of the time----------------------------
    [ ] True [ ] False

16. I am very seldom troubled by constipation-----------------------
    [ ] True [ ] False

17. I have a great deal of stomach trouble------------------------
    [ ] True [ ] False

18. I have had periods in which I lost sleep over worry-----------
    [ ] True [ ] False

19. I am easily embarrassed-----------------------------------------
    [ ] True [ ] False

20. I am more sensitive than most other people---------------------
    [ ] True [ ] False

21. I frequently find myself worrying about something-----------
    [ ] True [ ] False

22. I wish I could be as happy as others seem to be----------------
    [ ] True [ ] False

23. I am usually calm and not easily upset------------------------
    [ ] True [ ] False

24. I feel anxiety about something or someone almost all of the time-----------------------------------------------
    [ ] True [ ] False

25. I am happy most of the time-------------------------------------
    [ ] True [ ] False

26. It makes me nervous to have to wait----------------------------
    [ ] True [ ] False

27. Sometimes I become so excited I find it hard to get to sleep---
    [ ] True [ ] False

28. I have sometimes felt that difficulties piling up so high I couldn't get over them-----------------------------------------------
    [ ] True [ ] False

29. I admit I have felt worried beyond reason over small things---
    [ ] True [ ] False

30. I have very few fears compared to my friends------------------
    [ ] True [ ] False

31. I certainly feel useless at times-------------------------------
    [ ] True [ ] False

32. I find it hard to keep my mind on a task or job---------------
    [ ] True [ ] False

33. I am usually self-conscious-----------------------------------
    [ ] True [ ] False

34. I am inclined to take things hard-------------------------------
    [ ] True [ ] False

35. At times I think I am no good at all----------------------------
    [ ] True [ ] False

36. I am certainly lacking in self-confidence---------------------
    [ ] True [ ] False

37. I sometimes feel that I am about to go to pieces---------------
    [ ] True [ ] False

38. I am entirely self-confident-----------------------------------
    [ ] True [ ] False
Manifest Anxiety Scoring Scale- The key below is used to score your results. On your test questionnaire, circle your "true or false" responses that correspond to the responses listed below (for example: if you marked "False" to question #1, also circle that response; if you marked "True" to question #1, do not circle anything). Add up the number of responses you circle and this total is your score on the Manifest Anxiety Scale.

33. True  34. True  35. True  36. True  
37. True  38. False  

My Total Score:_____

Interpreting Your Score- The norms on this scale are based on data collected by Suinn on undergraduates who responded to the scale anonymously. Essentially the scale measures trait anxiety--that is, the tendency to experience anxiety in a wide variety of situations.

Norms: High Scores- 16-38
      Intermediate scores- 6-15
      Low scores- 0-5