**English speaking anxiety scale for Chinese EFL learners**

Please tick the option that best matches your feelings about speaking English. There are no right or wrong options, all depending on your ﬁrst reaction. The options stand for: (1) Strongly Disagree, (2) Disagree, (3) Neither Agree nor Disagree, (4) Agree, or (5) Strongly Agree.

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| --- | --- | --- | --- | --- | --- | --- |
| No. | Statement | 1 | 2 | 3 | 4 | 5 |
| 1 | I never feel quite sure of myself when I am pronouncing English words while speaking with others.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 2 | It bothers me when I cannot speak English with others because of grammar.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 3 | I start to panic when I am not sure of saying something that makes sense in English, while speaking English with others. | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [x]  | 5 [ ]  |
| 4 | It bothers me when I cannot speak English with others with a standard accent.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 5 | I become anxious when I get stuck on one or two words in speaking English with others.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 6 | It frightens me when I do not understand what others are saying in English. | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 7 | While speaking English with others, I feel intimidated when I translate word by word the expressions from my first language into English.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 8 | When I want to use correct grammar to speak English with others, I get so nervous that I forget what to say.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 9 | I always feel that the other students speak English better than I do.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 10 | I am worried about making mistakes when I am speaking English with others.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 11 | I am afraid that the others will laugh at me when I speak English.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 12 | I feel afraid when others do not understand what I mean in English.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 13 | Even if I am well prepared for the speaking tasks I am about to do, I feel anxious about it.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 14 | I feel very self-conscious about speaking English with others.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 15 | I am afraid that my spoken English is not good enough to complete the interaction tasks.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 16 | I worry about losing face when I am speaking English with others.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 17 | I feel embarrassed to speak English with others because I think I have poor pronunciation and intonation.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 18 | I get upset when I have to express complicated ideas while speaking English with others. | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 19 | I feel more tense and nervous in speaking English rather than reading and writing English.  | 1 [ ]  | 2 [x]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 20 | I feel pressured when I use complex grammatical structures while speaking English with others.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 21 | I am nervous if I have to speak English with others when I am not familiar with the topic.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 22 | I would be nervous speaking English with native speakers. | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 23 | While speaking English with others, I can generally get so nervous that I forget things I know.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 24 | I start to panic when I have to speak English with others without preparation for the interaction task.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 25 | I get worried when I have little time to think about what I have to speak in English with others.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 26 | I get anxious when I find I cannot speak English fluently with others.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |
| 27 | Generally, I feel nervous when I have to speak to others.  | 1 [ ]  | 2 [ ]  | 3 [ ]  | 4 [ ]  | 5 [ ]  |