

## Personal Report of Communication Apprehension (PRCA-24)

The PRCA-24 is the instrument which is most widely used to measure communication apprehension. It is preferable above all earlier versions of the instrument (PRCA, PRCA10, PRCA-24B, etc.). It is highly reliable (alpha regularly  $>.90$ ) and has very high predictive validity. It permits one to obtain sub-scores on the contexts of public speaking, dyadic interaction, small groups, and large groups. However, these scores are substantially less reliable than the total PRCA-24 scores-because of the reduced number of items. People interested only in public speaking anxiety should consider using the PRPSA rather than the public speaking sub-score drawn from the PRCA-24. It is much more reliable for this purpose.

This instrument is composed of twenty-four 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.)

|                       | Mean | Standard Deviation | High | Low  |
|-----------------------|------|--------------------|------|------|
| Total Score           | 65.6 | 15.3               | > 80 | < 51 |
| Group:                | 15.4 | 4.8                | > 20 | < 11 |
| Meeting:              | 16.4 | 4.2                | > 20 | < 13 |
| Dyad (Interpersonal): | 14.2 | 3.9                | > 18 | < 11 |
| Public:               | 19.3 | 5.1                | > 24 | < 14 |

### Source:

McCroskey, J. C. (1982). *An introduction to rhetorical communication* (4<sup>th</sup> Ed). Englewood Cliffs, NJ: Prentice-Hall.

(Also available in more recent editions of this book, now published by Allyn & Bacon.)