Maths Anxiety Quiz (Age 16+)

The twenty items below are about maths and your feelings when you do each one of these things.

I would like you to consider each item and then decide how anxious that situation makes you feel.

IF it never makes you feel anxious **write 1** in the box,

IF it makes you feel anxious sometimes **write 2** in the box,

IF it makes you feel anxious often **write 3** in the box,

IF it always makes you feel anxious **write 4** in the box.

There is an anxiety questionnaire for children in my book, 'More Trouble with Maths'.

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1 = never anxious   2 = sometimes anxious   3 = often anxious   4 = always anxious

Working out the tip for the waiter in a restaurant.	☐
Working out the prices of things when you are abroad.	☐
Checking the cost of your shopping.	☐
Working out 20% off in a sale.	☐
Checking your change when shopping.	☐
Working out the cost of a holiday.	☐
Adding the four prices $5.99 + $10.99 + $19.99 + $3.95 on an order form.	☐
Reading a train timetable.	☐
Working out your weekly budget.	☐
Checking which mobile phone deal is the best value.	☐
Converting your weight in pounds to kilograms.	☐
Having to recall a maths fact quickly (such as 6×9).	☐
Understanding the odds for a bet on a horse race.	☐
Writing a cheque or completing transactions.	☐
Checking the sales tax amount on a builder's bill.	☐
Working out your pay rise when you are told it will be 3.25%.	☐
Checking your credit card bill.	☐
Working out how much weedkiller you need to use in a 5L sprayer.	☐
Changing the quantities in a recipe for 4 when cooking for six people.	☐
Remembering your maths lessons at school.	☐

If you score between **59 – 80**, you would be considered to have high Maths Anxiety.   **TOTAL:** ☐