

## Anxiety Measure (Adapted from CMAQ-R) – Math and Reading

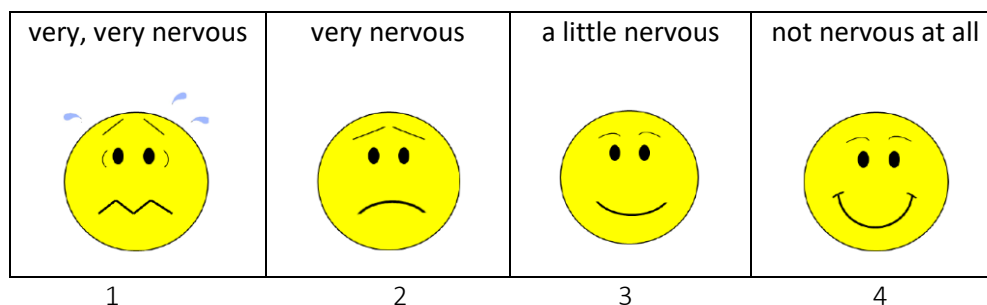
### Materials

questionnaire for every child, smile-face scale (as depicted below), pencil

### Target group

children of the 1st grade of primary education

### Procedure



Say, “Now I’m going to ask you some questions about what kinds of things make you feel nervous, anxious, or tense. Do you know what it means to be nervous?”

Child’s response (Yes/No): ..... Child’s explanation: .....

**Sometimes people feel nervous when they are worried about something or are afraid they might not know the answer. I want you to indicate me how nervous each thing makes you feel** [Demonstrating with the face scale.] **See, this side [point] means very, very nervous (1), this [point] would mean ‘very nervous’ (2), this [point] would mean ‘a little nervous’ (3), and this [point] side means ‘not nervous at all’ (4). You can put a circle to any one of these faces to answer how nervous each thing makes you feel. Let’s try one.**











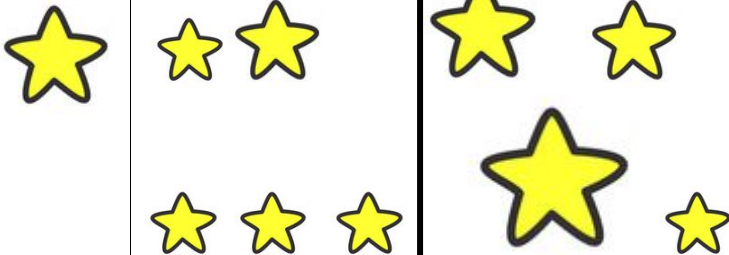





























**How nervous do you feel when you’re looking down from the top of the building?** [Allow child to select a face image] **What if you were not nervous at all? What if you were very, very nervous?** [Correct child if necessary.] **Good, now, let’s get started. I will read each sentence aloud and after each sentence you have to put a circle to any one of the faces to answer how nervous each thing makes you feel.**






































### Notes

- no feedback should be given, only general encouragement
- the symbols at the left side of the questionnaire are an indication for the child at which line they should put a circle around one of the faces (mainly because at the start of the 1st grade, children don’t know how to read)
- a Dutch questionnaire was used in the study, below the items were translated to English.

### References

Ramirez, G., Chang, H., Maloney, E. A., Levine, S. C., & Beilock, S. L. (2016). On the relationship between math anxiety and math achievement in early elementary school: The role of problem solving strategies. *Journal of Experimental Child Psychology, 141*, 83–100.

	<p>How would you feel when your teacher asked you to count aloud up to 20?</p>				
	<p>How do you feel when you are in math class and your teacher is about to teach something new?</p>				
	<p>How would you feel when your teacher asked you at which side you find the largest number of stars?</p>				
	<p>How do you feel when you are in math class and you don't understand something?</p>				
	<p>How would you feel when your teacher asked to put these numbers from small to large?</p> <p style="text-align: center;">5 9 2</p>				
	<p>How do you feel when you have to sit down and start your math homework?</p>				
	<p>How would you feel when you have to solve...?</p> <p style="text-align: center;"><math>4 + 2 =</math></p>				
	<p>How do you feel when you get called on by the teacher to solve a math problem on the board?</p>				

	<p>How would you feel when your teacher asked to tell what this story could be about?</p> 				
	<p>How would you feel when your teacher tells that you will learn to read a new word?</p>				
	<p>How would you feel when your teacher asked you to tell about the story of Little Red Ridinghood?</p>				
	<p>How do you feel when you cannot read something well?</p>				
	<p>How would you feel when your teacher asked to find a word that rhymes with 'city'?</p>				
	<p>How do you feel when you get called on by the teacher to write a letter on the board?</p>				
	<p>How would you feel when you have to write a birthday card?</p>				
	<p>How would you feel when your teacher asked to read something aloud in the class?</p>	