

English Listening Anxiety Scale

Direction: All the questions in both Part A and Part B are for research purposes only, and any information obtained will remain confidential.

Part A:

Direction: Please answer the following questions or make a ✓ in the box next to the statement that fits your current situation.

- Sex: _____
- Age: _____ years old
- Your hometown is a: ☐City ☐Town ☐Countryside
- How many years have you studied English?
☐Less than 3 years ☐6 years ☐9 years ☐More than 12 years
- English scores on the Chinese National College Entrance Examination _____
- How would you rate your listening proficiency in English on a scale of one to five? _____
☐Poor ☐Not good ☐Moderate ☐Good ☐Excellent

Part B:

Direction: The following statements apply to how people feel in the process of listening to native speakers of English. Please, place a ✓ in the box next to the statement that fits your ideas.

1. When listening to English, I tend to get stuck on one or two unknown words.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
2. I get nervous if a listening passage is read only once during English listening tests.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
3. When a person speaks English very fast, I worry that I might not understand all of it.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
4. I am nervous when I am listening to English if I am not familiar with the topic.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
5. It's easy to guess about the parts that I miss while listening to English.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
6. If I let my mind drift even a little bit while listening to English. I worry that I will miss important ideas.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
7. When I'm listening to English. I am worried when I can't watch the lips or facial expression of a person who is speaking.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
8. During English listening tests. I get nervous and confused when I don't understand every word.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
9. When listening to English, it is difficult to differentiate the words from one another.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
10. I feel uncomfortable in class when listening to English without the written text.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree

11. When I'm listening to English, I often get so confused I can't remember what I have heard.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
12. My thoughts become jumbled and confused when listening to important information in English listening.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
13. I get worried when I have little time to think about what I hear in English.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
14. When I'm listening to English. I usually end up translating word by word without understanding the contents.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
15. I would rather not have to listen to people speak English at all.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
16. I get worried when I can't listen to English at my own pace.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
17. I keep thinking that everyone else except me understands very well what an English speaker is saying.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
18. I get upset when I'm not sure whether I understand what I am listening to English.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
19. If a person speaks English very quietly. I am worried about understanding.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
20. It's difficult for me to listen to English when there is even a little bit of background noise.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
21. Listening to new information in English makes me uneasy.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
22. I get annoyed when I come across words that I don't understand while listening to English.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
23. It is difficult for me to listen to English when English stress and intonation is the unfamiliar.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
24. When listening to English. I often understand the words but still can't quite understand what the speaker means.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
25. It frightens me when I cannot catch a key word of an English listening passage.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
26. I fear I have inadequate background knowledge of some topics when listening in English.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
27. I have difficulty understanding oral instructions given to me in English.
☐ Strongly disagree ☐ Disagree ☐ Neither Agree nor Disagree ☐ Agree ☐ Strongly agree
28. It is hard to concentrate on what English speakers are saying unless I know them well.

☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree

29. I feel confident when I am listening in English.

☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree

30. I am nervous when listening to an English speaker on the phone or when imagining a situation where I listen to an English speaker on the phone.

☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree

31. I feel tense when listening to English as a member of a social gathering or when imagining a situation where I listen to English as a member of a social gathering.

☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree