

English Speaking Anxiety Scale(ESAS)

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 English-speaking 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. If I work hard, I can be the best English speaker in my class.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
2. I am very confident in improving my English speaking.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
3. It is really difficult for me to talk with others in English.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
4. I feel that my English speaking is very poor.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
5. I'm talented in learning foreign languages.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
6. I'm a fast learner of English as a foreign language.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
7. Learning to speak in English is not easy.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
8. I can speak English fluently.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
9. I often wonder if I can learn to speak English well.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
10. In English class, I don't worry about making mistakes when I speak in English.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
11. In English class, I always make the worst prediction when English teacher will make comment on my answers.

- ☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
12. When speaking in English, I am afraid of looking stupid.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
13. When speaking in English, I was worried that other students would make fun of me.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
14. When speaking English, I don't care what people think of me.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
15. I often reflect on my process of learning spoken English.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
16. My classmates are envious of my spoken English.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
17. I feel a sense of achievement in my spoken English.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
18. I feel very confident when I speak in English class.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
19. I will panic when making an unprepared speech in English class.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
20. I felt my heart beat faster when I was called on by the teacher in English class.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
21. I don't get nervous talking to the teacher in English class.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
22. I would like to spend extra time practicing my spoken English.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
23. I always try to improve my English-speaking skills.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
24. When I don't know how to speak in English, I ask my teacher or classmates for help.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
25. I don't want to learn to speak English.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
26. In English class, I often think about irrelevant things.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
27. Usually, I am not active in reading English outside of class.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
28. In English class, I like to sit in the corner of the classroom.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree
29. I often don't want to go to English classes.
☐Strongly disagree ☐Disagree ☐Neither Agree nor Disagree ☐Agree ☐Strongly agree