

Below are some statements about how you feel generally and how you feel **before or during a performance**. Please circle one number to indicate how much you agree or disagree with each statement.

		<b>Strongly Disagree</b>					<b>Strongly Agree</b>								
		6	5	4	3	2	1	0	6	5	4	3	2	1	0
K_1	I generally feel in control of my life .....	6	5	4	3	2	1	0							
K_2	I find it easy to trust others .....	6	5	4	3	2	1	0							
K_3	Sometimes I feel depressed without knowing why .....	0	1	2	3	4	5	6							
K_4	I often find it difficult to work up the energy to do things .....	0	1	2	3	4	5	6							
K_5	Excessive worrying is a characteristic of my family .....	0	1	2	3	4	5	6							
K_6	I often feel that life has not much to offer me .....	0	1	2	3	4	5	6							
K_7	Even if I work hard in preparation for a performance, I am likely to make mistakes .....	0	1	2	3	4	5	6							
K_8	I find it difficult to depend on others .....	0	1	2	3	4	5	6							
K_9	My parents were mostly responsive to my needs .....	6	5	4	3	2	1	0							
K_10	Prior to, or during a performance, I get feelings akin to panic.....	0	1	2	3	4	5	6							
K_11	I never know before a concert whether I will perform well .....	0	1	2	3	4	5	6							
K_12	Prior to, or during a performance, I experience dry mouth.....	0	1	2	3	4	5	6							
K_13	I often feel that I am not worth much as a person .....	0	1	2	3	4	5	6							
K_14	During a performance I find myself thinking about whether I'll even get through it .....	0	1	2	3	4	5	6							
K_15	Thinking about the evaluation I may get interferes with my performance .....	0	1	2	3	4	5	6							
K_16	Prior to, or during a performance, I feel sick or faint or have a churning in my stomach.....	0	1	2	3	4	5	6							
K_17	Even in the most stressful performance situations, I am confident that I will perform well .....	6	5	4	3	2	1	0							
K_18	I am often concerned about a negative reaction from the audience.....	0	1	2	3	4	5	6							
K_19	Sometimes I feel anxious for no particular reason .....	0	1	2	3	4	5	6							
K_20	From early in my music studies, I remember being anxious about performing .....	0	1	2	3	4	5	6							

		<b>Strongly disagree</b>					<b>Strongly Agree</b>				
		0	1	2	3	4	5	6			
K_21	I worry that one bad performance may ruin my career .....	0	1	2	3	4	5	6			
K_22	Prior to, or during a performance, I experience increased heart rate like pounding in my chest.....	0	1	2	3	4	5	6			
K_23	My parents almost always listened to me .....	6	5	4	3	2	1	0			
K_24	I give up worthwhile performance opportunities .....	0	1	2	3	4	5	6			
K_25	After the performance, I worry about whether I played well enough.....	0	1	2	3	4	5	6			
K_26	My worry and nervousness about my performance interferes with my focus and concentration.....	0	1	2	3	4	5	6			
K_27	As a child, I often felt sad .....	0	1	2	3	4	5	6			
K_28	I often prepare for a concert with a sense of dread and impending disaster.....	0	1	2	3	4	5	6			
K_29	One or both of my parents were overly anxious.....	0	1	2	3	4	5	6			
K_30	Prior to, or during a performance, I have increased muscle tension.....	0	1	2	3	4	5	6			
K_31	I often feel that I have nothing to look forward to .....	0	1	2	3	4	5	6			
K_32	After the performance, I replay it in my mind over and over...	0	1	2	3	4	5	6			
K_33	My parents encouraged me to try new things .....	6	5	4	3	2	1	0			
K_34	I worry so much before a performance, I cannot sleep .....	0	1	2	3	4	5	6			
K_35	When performing without music, my memory is reliable.....	6	5	4	3	2	1	0			
K_36	Prior to, or during a performance, I experience shaking or trembling or tremor.....	0	1	2	3	4	5	6			
K_37	I am confident playing from memory .....	6	5	4	3	2	1	0			
K_38	I am concerned about being scrutinized by others .....	0	1	2	3	4	5	6			
K_39	I am concerned about my own judgement of how I will perform.....	0	1	2	3	4	5	6			
K_40	I remain committed to performing even though it causes me great anxiety.....	0	1	2	3	4	5	6			

# K-MPAI Scoring Sheet

**Total Score:** Add up all numerical scores for each of the 40 questions for a sum total score and apply the total score to the categories below to determine your level of performance anxiety.

**YOUR SCORE:** \_\_\_\_\_.

240 – 200	Extremely High performance anxiety
200 – 160	High performance anxiety
160 – 120	Above Average performance anxiety
120 – 80	Average performance anxiety
80 - 40	Low performance anxiety

## Sub-Categories of Performance Anxiety

**Add up scores for each category for a sum total:**

### 1. Somatic Anxiety/Worry about Performance

Questions: 10 \_\_\_\_\_ 12 \_\_\_\_\_ 14 \_\_\_\_\_  
16 \_\_\_\_\_ 22 \_\_\_\_\_ 26 \_\_\_\_\_ 28 \_\_\_\_\_  
30 \_\_\_\_\_ 34 \_\_\_\_\_ 36 \_\_\_\_\_ 40 \_\_\_\_\_

Total Score \_\_\_\_\_ Percentage (out of 66) \_\_\_\_\_

### 2. Worry Focused on Self/Other Scrutiny

Questions: 7 \_\_\_\_\_ 15 \_\_\_\_\_ 18 \_\_\_\_\_  
21 \_\_\_\_\_ 25 \_\_\_\_\_ 32 \_\_\_\_\_ 38 \_\_\_\_\_  
39 \_\_\_\_\_

Total Score \_\_\_\_\_ Percentage (out of 48) \_\_\_\_\_

### 3. Depression/Hopelessness

Questions: 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_  
4 \_\_\_\_\_ 6 \_\_\_\_\_ 8 \_\_\_\_\_ 13 \_\_\_\_\_  
31 \_\_\_\_\_

Total Score \_\_\_\_\_ Percentage (out of 56) \_\_\_\_\_

**4. Parental Empathy**

**Questions:** 9 \_\_\_\_\_ 23 \_\_\_\_\_ 27 \_\_\_\_\_ 33 \_\_\_\_\_

**Total Score** \_\_\_\_\_ **Percentage (out of 24)** \_\_\_\_\_

**5. Memory**

**Questions:** 35 \_\_\_\_\_ 37 \_\_\_\_\_

**Total Score** \_\_\_\_\_ **Percentage (out of 12)** \_\_\_\_\_

**6. Trait Anxiety**

**Questions:** 5 \_\_\_\_\_ 19 \_\_\_\_\_ 29 \_\_\_\_\_

**Total Score** \_\_\_\_\_ **Percentage (out of 18)** \_\_\_\_\_

**7. Anxious Apprehension**

**Questions:** 11 \_\_\_\_\_ 17 \_\_\_\_\_ 24 \_\_\_\_\_

**Total Score** \_\_\_\_\_ **Percentage (out of 18)** \_\_\_\_\_

**8. Biological Vulnerability**

**Question:** 20 \_\_\_\_\_

**Total Score** \_\_\_\_\_ **Percentage (out of 6)** \_\_\_\_\_

**List the three categories with the highest percentages:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**These categories underlie your performance anxiety profile. Reducing them will lower performance anxiety.**

