

# Situational Communication Apprehension Measure (SCAM)

The Situational Communication Apprehension Measure was developed to provide an instrument which could measure state CA in any context. This is a self-report instrument which can apply to how a person felt in any recent communication event. In the example below, in the directions we describe the communication context as "the last time you interacted with someone who had a supervisory role over you." This may be replaced by any other context, e.g. "talked with one of your subordinates," "talked with your teacher outside class," "met with your physician." You can expect alpha reliability estimates of .85 to .90 for the SCAM in most cases.

**Directions:** Please complete the following questionnaire about how you felt **the last time you interacted with someone who had a supervisory role over you**. Please indicate the degree to which each statement is accurate by marking whether it is:  
Extremely Inaccurate = 1; Moderately Inaccurate = 2; Somewhat Inaccurate = 3; Neither Accurate Nor Inaccurate = 4; Somewhat Accurate = 5; Moderately Accurate = 6; Extremely Accurate = 7

There are no right or wrong answers. Just respond to the items quickly to describe as accurately as you can how you felt while interacting with that person.

- \_\_\_\_ 1. I was apprehensive
- \_\_\_\_ 2. I was disturbed
- \_\_\_\_ 3. I felt peaceful
- \_\_\_\_ 4. I was loose
- \_\_\_\_ 5. I felt uneasy
- \_\_\_\_ 6. I was self-assured
- \_\_\_\_ 7. I was fearful
- \_\_\_\_ 8. I was ruffled
- \_\_\_\_ 9. I felt jumpy
- \_\_\_\_ 10. I was composed
- \_\_\_\_ 11. I was bothered
- \_\_\_\_ 12. I felt satisfied
- \_\_\_\_ 13. I felt safe
- \_\_\_\_ 14. I was flustered
- \_\_\_\_ 15. I was cheerful
- \_\_\_\_ 16. I felt happy
- \_\_\_\_ 17. I felt dejected
- \_\_\_\_ 18. I was pleased
- \_\_\_\_ 19. I felt good
- \_\_\_\_ 20. I was unhappy

**Scoring:**

To determine your score on the SCAM, complete the following steps:

Step 1: Add scores for items 3, 4, 6, 10, 12, 13, 15, 16, 18, and 19

Step 2: Add the scores for items 1, 2, 5, 7, 8, 9, 11, 14, 17, and 20

Step 3: Complete the following formula:  $SCAM = 80 - \text{Total from Step 1} + \text{Total from Step 2}$

Your score should be between 20 and 140. If your score is below 20 or above 140, you have made a mistake in computing the score.

**Note:** There are no norms for this measure, since different contexts will generate different score ranges, means, and standard deviations.

**Source:**

Richmond, V. P. (1978). The relationship between trait and state communication apprehension and interpersonal perception during acquaintance stages. *Human Communication Research*, 4, 338-349.