

Table 4.4. Example of Final Hierarchy for Test Anxiety

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You are attending a regular class session.

You hear about someone else who has a test.

You are studying at home. You are reading a normal assignment.

You are in class. The teacher announces a major exam in two weeks.

You are at home studying. You are beginning to review and study for a test that is a week away.

You are at home studying, and you are studying for the important test. It is now Tuesday and three days before the test on Friday.

You are at home studying and preparing for the upcoming exam. It is now Wednesday, two days before the test on Friday.

It's Thursday night, the night before the exam on Friday. You are talking with another student about the exam tomorrow.

It's the night before the exam, and you are home studying for it.

It's the day of the exam, and you have one hour left to study.

It's the day of the exam. You have been studying. You are now walking on your way to the test.

You are standing outside the test room talking with other students about the upcoming test.

You are sitting in the testing room waiting for the test to be passed out.

You are leaving the exam room, and you are talking with other students about the test. Many of their answers do not agree with yours.

You are sitting in the classroom waiting for the graded test to be passed back by the teacher.

It's right before the test, and you hear a student ask a possible test question which you cannot answer.

You are taking the important test. While trying to think of an answer, you notice everyone around you writing rapidly.

While taking the test, you come to a question you are unable to answer. You draw a blank

You are in the important exam. The teacher announces 30 minutes remaining but you have an hour's work left.

You are in the important exam. The teacher announces 15 minutes remaining but you have an hour's work left.

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Source: Deffenbacher, J. L., & Kemper, C. C. Systematic desensitization of test anxiety in junior high students. *The School Counselor*, 1974, 12, 216-222. Reproduced with permission.