**Maths Anxiety Quiz (adults)**

*There is an anxiety questionnaire for children in my book, ‘More Trouble with Maths’.*

*See also the article on anxiety in the ‘Articles’ page.*

The twenty items below are about maths and your feelings when you do each one of these things.
I would like you to consider to each item and then decide how anxious that situation makes you feel.

If it never makes you feel anxious type 1 in the box,
if it makes you feel anxious sometimes type 2 in the box,
if it makes you feel anxious often type 3 in the box,
If it always makes you feel anxious type 4 in the box.

1 = never anxious; 2 = sometimes anxious; 3 = often anxious; 4 = always anxious;

Top of Form

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| Working out the tip for the waiter in a restaurant |  |
| Working out the prices of things when you are abroad |  |
| Checking the cost of your shopping |  |
| Working out 20% off in a sale |  |
| Checking your change when shopping |  |
| Working out the cost of a holiday |  |
| Adding the four prices. £5.99 + £10.99 + £19.99 + £3.95 on an order form |  |
| Reading a train timetable. |  |
| Working out your weekly budget. |  |
| Checking which mobile phone deal is the best value. |  |
| Converting your weight in stones and pounds to kilograms. |  |
| Having to recall a maths fact quickly (such as 6 x 9). |  |
| Understanding the odds for a bet on the Grand National. |  |
| Writing a cheque. |  |
| Checking the VAT amount on a builder’s bill. |  |
| Working out your pay rise when you are told it will be 3.25%. |  |
| Checking your credit card bill. |  |
| Working out how much weedkiller you need to use in a 5 litre sprayer. |  |
| Changing the quantities in a recipe for 4 when cooking for six people. |  |
| Remembering your maths lessons at school. |  |
| Total: |  |
|   |  |

Bottom of Form

To compare your score [click here](http://www.stevechinn.co.uk/answers.html)