

Taylor Manifest Anxiety Scale (TMAS)

Patient Name	DOB	Female	
Provider Name	Date	Male	Other

The Taylor Manifest Anxiety Scale (TMAS) is a test of anxiety as a personality trait.

The statements below inquire about your behavior and emotions. Consider each statement carefully. Then indicate whether the statements are **generally true or false** for you.

	True	False
1. I do not tire quickly		
2. I believe I am no more nervous than others		
3. I have very few headaches		
4. I work under a great deal of tension		
5. I frequently notice my handshakes when I try do something		
6. I blush no more often than others		
7. I have diarrhea one a month or more		
8. I worry quite a bit over possible misfortune		
9. I practically never blush		
10. I am often afraid that I am going to blush		
11. My hands and feet are usually warm enough		
12. I sweat very easily even on cool days		
13. Sometimes when embarrassed, I break out in a sweat		
14. I hardly ever notice my heart pounding, and I am seldom short of breath		
15. I feel hungry almost all of the time		
16. I am very seldom troubled by constipation		

17. I have a great deal of stomach trouble	
18. I have had periods in which I lost sleep over worry	
19. I am easily embarrassed	
20. I am more sensitive than most other people	
21. I frequently find myself worrying about something	
22. I wish I could be as happy as others seem to be	
23. I am usually calm and not easily upset	
24. I feel anxiety about something or someone almost all of the time	
25. I am happy most of the time	
26. It makes me nervous to have to wait	
27. Sometimes I become so excited I find it hard to get to sleep	
28. I have sometimes felt that difficulties piling up so high I couldn't get over them	
29. I admit I have felt worried beyond reason over small things	
30. I have very few fears compared to my friends	
31. I certainly feel useless at times	
32. I find it hard to keep my mind on a task or job	
33. I am usually self-conscious	
34. I am inclined to take things hard	
35. At times I think I am no good at all	
36. I am certainly lacking in self-confidence	
37. I sometimes feel that I am about to go to pieces	
38. I am entirely self-confident	



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