Study Title: Reducing nursing students test anxiety: A pilot study. Investigators: Mary Crisler, MSN, RN, Louann Lord, MS, RN, and Sara Rich Wheeler, DNS, RN, PMH-BC, LCPC,

We are interested in determining the impact of test anxiety on students ability to be successful on nursing exams. All Lakeview College of Nursing students will be asked if they would like to participate in the study. The study and its procedures have submitted to the appropriate people and the Lakeview College of Nursing- Institutional Review Board (LCN-IRB). The study procedures are three fold. First, participants will participate in a test anxiety as a pretest questionnaire. Secondly, participants will learn about the STARS Anxiety Control technique for reducing test anxiety. CD's will be available for listening and practice on the Danville campus. The CD's will take approximately 30 minutes to review. Participants can review the tapes and practice as many times as they want. Finally, participants will complete Westside Test Anxiety Scale, the same questionnaire which was taken prior to the intervention, sometime during week 13 prior to the ATI content mastery tests and after the ATI Content mastery tests given during week 14.

The study procedures involve no foreseeable risks or harm to you. Again, the procedures include:

1. Listen to *Tame Test Anxiety-Active Control Training* CD
2 Practice the technique at least_____times before the ATI Content Mastery Exam.
3. Prior to the ATI Content Mastery exam complete a test anxiety scale (yellow form).
3. During the ATI Content Mastery exam, if I become anxious, I will use the Active control technique.
4. Following the ATI Content Mastery exam I will complete a test anxiety scale (green form).

Your participation in this study is voluntary and you are under no obligation to participate. If you do not want to participate, do not sign the informed consent form and turn it in. Should decide to participate in the study, and change you mind, you can withdraw from the study. To withdraw from the study, please contact Louann Lord, MSN, RN (217-493-4377) on the Danville Campus and Mary Crisler, MSN, RN (217-428-8200) on the Charleston Campus and ask to be removed from the study. Your relationship with Lakeview College of Nursing, faculty, staff, or administration will not be affected in any way. If you have any questions or concerns about the study you can contact any of the nurse researchers or Irene Steward, MSN, RN, Chair, LCN-IRB

Once the questionnaires are received, the study data will be coded in such way so that your name will not be linked to your questionnaire. Your identity will not be revealed while the study is being conducted or when the study is reported or published. Your study data will be collected, stored in a secure place, and not shared with any other person.

I have read this consent form and voluntarily consent to participate in this study by sending in the questionnaire.

_____

Subject's Signature date

_____

Researcher's Signature date