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Test Anxiety: Applied Research, Assessment, and Treatment Interventions

Marty Sapp

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Test Anxiety: Applied Research, Assessment, and Treatment Interventions

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Test Anxiety: Applied Research, Assessment, and Treatment Interventions Marty Sapp
This book is designed to give students and researchers the confidence to understand, assess, treat, and research test anxiety. Marty Sapp presents the various cognitive and behavioral theories of test anxiety along with instruments for measuring test anxiety. He integrates statistical methodology, measurement, and research designs with actual research situations that occur within the test anxiety field. In addition, the SPSS codes for conducting sample reliability and validity are provided along with the codes for finding confidence intervals around population reliability measures. Like the previous edition, the logic of structural equations modeling is presented with the EQS structural equations program. Many researchers view test anxiety as existing of factors such as Sarasons's four-factor model or Spielberger's two-factor model. Both models can be easily analyzed by EQS. In terms of treatment, affective, cognitive, behavioral, hypnosis, systematic desensitization, Eye-Movement Desensitization and Reprocessing (EMDR), and the Eye-Movement Technique (EMT) are presented. This book integrates applied research designs and statistical and measurement methodology that frequently occur in the test anxiety literature, but the methodological treatment of research is nonmathematical. Finally, extensive discussions of treatments for test anxiety are provided.

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