



मनस् – CENTER FOR MENTAL WELLNESS & COUNSELLING

# Do I Have Exam Anxiety?

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10 questions about stress and fear around exams

**Dr. Priya Dubey Sharma**

Founder & Consulting Psychologist  
Applied, Organizational & Behavioural Psychologist | PhD | 18+ Years Experience



## Dr. Priya Dubey Sharma

Founder & Consulting Psychologist | PhD | 18+ Years

Dr. Priya Dubey Sharma is an Applied, Organizational & Behavioural Psychologist with a PhD in Psychology and over 18 years of experience. As the Founder of Manas – Center for Mental Wellness & Counselling, she has guided thousands of individuals through anxiety, depression, relationship challenges, and life transitions.

Her approach combines evidence-based techniques with deep cultural understanding of the Indian lived experience.

“Anxiety is not a character flaw. It is your nervous system doing exactly what it was designed to do – protect you. What we work on together is teaching it when to stand down.”

### THE STORY

#### Manas was not built in a boardroom.

It was built in a home, watching a father heal people for forty years. Dr. Rangnath Dubey – DHB, MBHCS, AVR – spent four decades believing that no ailment is ever purely physical. Every patient carried a story, and he always made time for that story.

“I didn’t decide to become a psychologist. I realised, quite late, that I had always been one – I just needed the training to do it properly.”



Dr. Rangnath Dubey  
DHB · MBHCS · AVR

**18+**

Years of practice

**5,000+**

Lives touched

**5**

Intl memberships

**UN · SBI**

Institutional roles



## Do I Have Exam Anxiety?

This short assessment is designed to help you understand how exam stress might be affecting you. Please answer honestly.

### Assessment Questions

Answer yes or no to each question. Focus on your experience over the past 2 weeks.

- During exams, do you experience your mind going completely blank?
- Before an exam, do you notice physical symptoms like nausea, excessive sweating, or trembling?
- Do you find your sleep is significantly disrupted in the days leading up to exams?
- Do you often think the worst possible outcome will happen, like failing spectacularly?
- Does your preparation feel driven more by fear of failure than a desire to learn and succeed?
- Do you find yourself actively avoiding thinking or talking about upcoming exams?
- Do you frequently compare your preparation levels with your classmates, leading to worry?
- Have you experienced intense feelings of panic or overwhelm during an exam?
- Does exam season significantly impact your ability to carry out daily tasks and routines?
- Do you take a long time to feel 'back to normal' after exams are finished?

**Score:** Count the total number of 'Yes' answers. This score will give you an indication of your current exam stress level.



## Your Results

Find your score range below. Remember — this is a starting point, not a diagnosis.

### SCORE: 0-3

#### Normal Stress

Your stress levels appear manageable, allowing you to focus and perform well.

### SCORE: 4-6

#### Mild Exam Anxiety

You might be experiencing some exam-related worry that could be eased with simple stress management techniques.

### SCORE: 7-8

#### Moderate Exam Anxiety

Exam anxiety seems to be significantly impacting you; consider exploring strategies to manage these feelings more effectively.

### SCORE: 9-10

#### Severe Exam Anxiety

Your exam anxiety levels are high and may be interfering with your well-being and performance. Seeking support from a counsellor or mental health professional is strongly recommended.

**Whatever your score: You took the time to check in with yourself. That takes courage.**

### DR. PRIYA'S TIP

Remember that managing exam stress is a skill. Focus on consistent, healthy habits like adequate sleep and breaks, and celebrate small preparation wins to build confidence.

[Book a Session with Dr. Priya](#)



## Personal Reflection

Take a few minutes. Write whatever comes to mind.

1. Which of these experiences resonated most with you?

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2. What is one small change you could make to address your exam stress?

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3. Who is one person you trust that you could talk to about your exam worries?

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How are you feeling right now? Circle one:



Very difficult



A bit low



Okay



Feeling good



Very well

## Continue Your Journey

Recommended resources based on your results:

1

### Mindfulness for Students

Learn techniques to stay calm and focused during stressful times.

₹249

2

### Study Skills Booster

Improve your learning and retention with effective study strategies.

₹199

3

### Stress Management Toolkit

Practical tools and exercises to navigate daily pressures.

₹299

### TAKE A FULL ASSESSMENT

For a comprehensive, clinically validated evaluation, take the full assessment — plus 270+ validated tools — at [manas365.com/assessments](https://manas365.com/assessments)



### Audio Companion

Scan for a free 3-minute guided breathing exercise with Dr. Priya's voice.



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**"You are not your anxiety. Anxiety is just a very loud roommate who has overstayed their welcome. You have the tools to ask them to quiet down."**

— Dr. Priya Dubey Sharma

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**Disclaimer:** This resource has been prepared by Dr. Priya Dubey Sharma — Founder & Consulting Psychologist (Applied, Organizational & Behavioural Psychologist, PhD, 18+ years), Manas – Center for Mental Wellness & Counselling. This is a wellness education and self-help resource for educational purposes only. It does not constitute a clinical diagnosis, clinical assessment, or treatment recommendation for any mental health condition, and has no relevance or admissibility in any court of law, legal proceeding, or official dispute resolution process. It is not a substitute for professional psychological, medical, or legal advice. For personalised support, reach out to the Manas Team for guidance, or consult a qualified Psychiatrist or licensed mental health professional. © 2026 Manas – Center for Mental Wellness & Counselling. All rights reserved. For queries: [priya@manas365.com](mailto:priya@manas365.com) | +91 99818 13224