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Methodology



**Subjective perception of Fear of Public Speaking. A mixed-methods research**

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**cajasiete**



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de la Información



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**hogrefe**

Fear of Public Speaking (FoPS) is  
subtype of Social Anxiety Disorder

FoPS affects the personal, academic,  
and professional spheres

It is characterized by cognitive,  
emotional, and physical manifestation

FoPS limits the performance and social  
interactions of those who experience it.

# Objective

Exploring the relationship between Fear of Public Speaking and its associated manifestations through a mixed research approach

# PARTICIPANTS

436  
Undergraduates

Age 21.1  
(SD 3.46)

74% female

26% male

# Social Anxiety Questionnaire for Adults (SAQ-A30)

## Instruments

Public speaking (F1)

Interactions with strangers

Interactions with the opposite sex

Assertive expression of dislike.

To be embarrassed or ridiculed

A diagram showing three dark blue circles connected by a vertical line. Each circle is connected to a horizontal bar of a different shade of purple. The top bar is dark purple, the middle is medium purple, and the bottom is light purple. The text in the bars corresponds to the items listed on the left.

Are you afraid of  
public speaking?

What does public  
speaking do to you?

Cognitive, emotional,  
physical

# Procedure and data analysis



Request for authorization from the ethics committee



Request for collaboration from ULL students in all areas



Data collection was done online (Google forms)



Spss v28 - IRAMUTEQ

Genre	N	Average	SD
Woman	310	20,42	4,58
Men	92	17,17	5,11

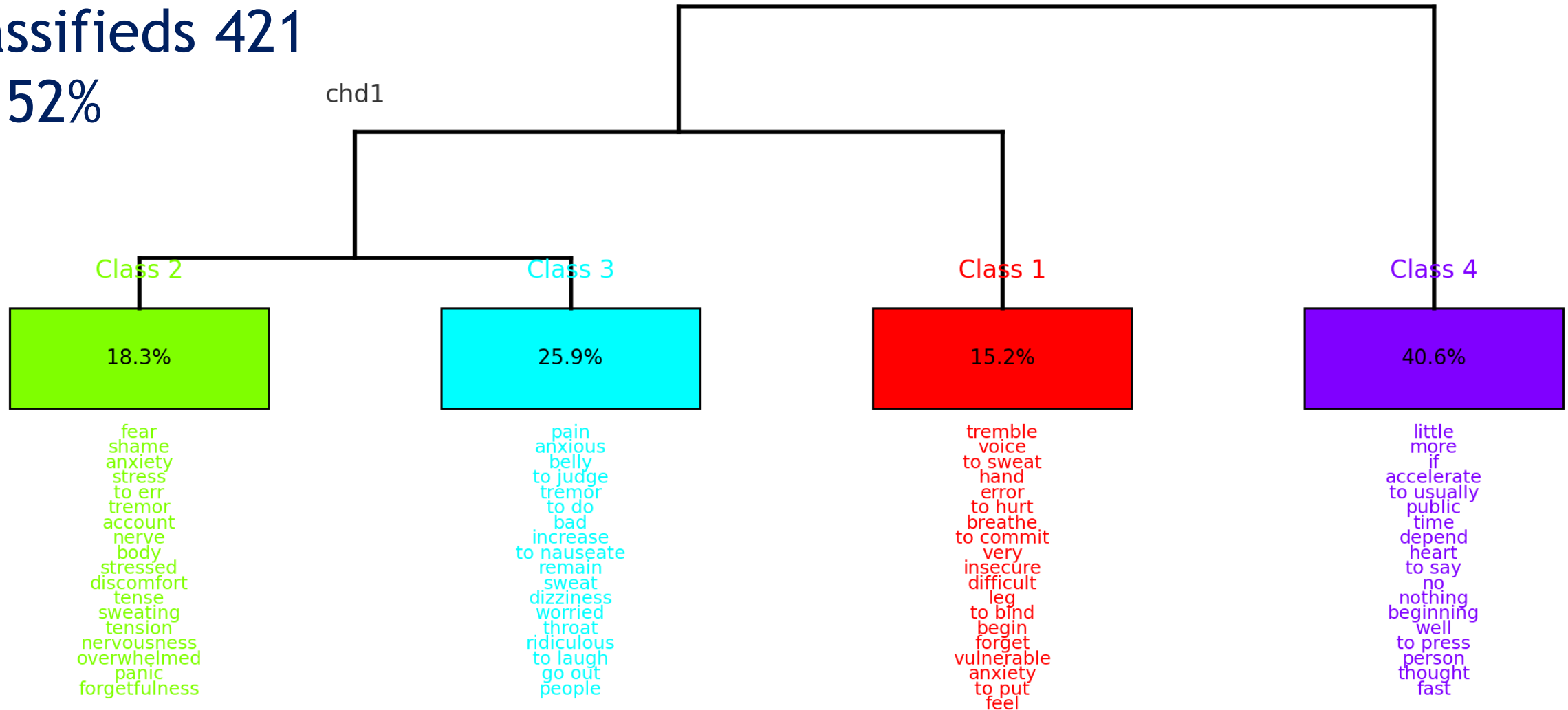
t(400)	p	Cohen
5,8	<.001	.689

R	R <sup>2</sup>	F	p
.685	.426	87.64	<.001

	beta	t	p
Interactions with strangers	.351	7.28	<.001
Interactions with the opposite sex	.099	2.19	.035
Assertive expression of dislike	.043	0.91	.359
To be embarrassed or ridiculed	.341	7.44	<.001



Segments 460 -  
Classifieds 421  
92.52%



## Class 1: High sense of nervousness

Fear - Yes

F1 - High

Woman

High social anxiety

I feel embarrassed and scared—my legs tremble and my hands sweat

## Class 2: Fear of making a mistake

Fear - Yes

F1 - High

Fear of mistakes and not being understood

## Class 3: Fear of ridicule

Fear - Yes

F1 - Medium

Messing up and them laughing at me or me not knowing how to explain—nervous, sweaty hands, stomach ache.

## Class 4: A little nervous

Fear - No

F1 - Small

Men

Small social anxiety

Not saying things that might tense the situation—a bit nervous but it passes, stomach ache



The lexical analysis categorizes people into those without fear and those with fear of public speaking, with the latter group divided by emotional and physical symptom expressions



Emotional symptoms include feelings of anxiety and distress, while physical symptoms involve neurological and physiological signs like sweating and pain



The analysis should consider individual differences in the importance given to emotional versus physical symptoms



A comprehensive scale including emotional and physiological factors is suggested for better detection and evaluation

**Thank you for your  
attention**

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