

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

Wednesday 23 July 2025 09:45 (15 minutes)

Introduction. Fear of Public Speaking (FoPS) or Public Speaking Anxiety (PSA), considered a specific subtype of Social Anxiety Disorder, profoundly affects the personal, academic, and professional spheres. This phenomenon is characterized by cognitive, emotional, and physical manifestations that limit the performance and social interactions of those who experience it.

Objectives. The relationship between Fear of Public Speaking and its associated manifestations is explored through a mixed research approach. **Methodology.** A sample of 436 university students (26% male, 74% female; mean age = 21.1 ± 3.46 years) was obtained through convenience sampling. Participants were classified into different anxiety levels using the Social Anxiety Questionnaire for Adults (SAQ-A30). Quantitative analyses were performed with SPSS v.29 software, while qualitative data, derived from open-ended responses on thoughts, emotions, and physical symptomatology, were processed with ALCESTE software.

Results. Preliminary findings revealed significant differences by gender and anxiety level, both quantitatively and qualitatively. Textual analysis identified three distinct thematic classes, revealing differentiated patterns in participants' perceptions and the strategies they employed. **Discussion.** The adoption of mixed methods research is emphasized as essential for gaining a deeper understanding of complex phenomena within the field of Behavioral Sciences.

Primary authors: PEREDA DE PABLO, Ernesto; QUINTERO RODRÍGUEZ, Ricardo; BORGES DEL ROSAL, África (Universidad de La Laguna)

Session Classification: Symposium : "Mixed methodologies"