Running in SPSS:

1. Analyse > Scale > Reliability analysis,
2. Select the items for each factor,
3. Statistics
4. Check 'item'
5. Check 'scale it item deleted'
6. Check 'mean'.
7. Also check the analysis is 'alpha'

The results indicate the overall reliability of the scale (>0.7 = good!) and whether this could be improved by removing an item.

Reporting reliability:

The fear of computer, fear of statistics and fear of maths subscales of the SAQ all had high reliabilities, all Cronbach's $\alpha = .82$, however fear of peer evaluation subscale had a relatively low reliability, Cronbach's $\alpha = .57$.

What next?

You can also use the data to calculate descriptive statistics for each factor. Firstly you must calculate the total score for each factor.

1. Transform > Compute variable
2. Select all the items for each factor and add them together,