State Trait Anxiety

Assessment:
Read each statement and select the appropriate response to indicate how you feel right now, that is, at this very moment. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.

Response Categories:

1. Not at all
2. A little
3. Somewhat
4. Very Much So

1. I feel calm
2. I feel secure
3. I feel tense
4. I feel strained
5. I feel at ease
6. I feel upset
7. I am presently worrying over possible misfortunes
8. I feel satisfied
9. I feel frightened
10. I feel uncomfortable
11. I feel self confident
12. I feel nervous
13. I feel jittery
14. I feel indecisive
15. I am relaxed
16. I feel content
17. I am worried
18. I feel confused
19. I feel steady
20. I feel pleasant

The STAI is a validated 20 item self report assessment device which includes separate measures of state and trait anxiety. The original STAI form was constructed by Charles D. Spielberger, Richard L. Gorsuch, and Robert E. Lushene in 1964. The STAI has been adapted in more than 30 languages for cross-cultural research and clinical practice (Sesti, 2000). Various reliability and validity tests have been conducted on the STAI and have provided sufficient evidence that the STAI is an appropriate and adequate measure for studying anxiety in research and clinical settings (Sesti, 2000). McIntrye, McIntyre, and Silverio (in press) validated the STAI for Portuguese communities. Several items on the STAI were reversed coded (Items 1, 2, 5, 8, 11, 15, 16, 19, 20).Recommended for studying anxiety in research and clinical settings.