

# State-Trait Anxiety Inventory (STAI)

Read each statement and then checked all appropriate answer to the right of the statement to indicate how you **feel now, at the present time**. There are no right or wrong answers. Give the answer which seems to describe how you feel **at this moment**.

<b>1. <u>I feel calm</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so	<b>11. <u>I feel self-confident</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so
<b>2. <u>I feel secure</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so	<b>12. <u>I feel nervous</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so
<b>3. <u>I am tense</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so	<b>13. <u>I am jittery</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so
<b>4. <u>I feel strained</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so	<b>14. <u>I feel indecisive</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so
<b>5. <u>I feel at ease</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so	<b>15. <u>I am relaxed</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so
<b>6. <u>I feel upset</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so	<b>16. <u>I feel content</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so
<b>7. <u>I am presently worrying over misfortunes</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so	<b>17. <u>I am worried</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so
<b>8. <u>I feel satisfied</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so	<b>18. <u>I feel confused</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so
<b>9. <u>I feel frightened</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so	<b>19. <u>I feel steady</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so
<b>10. <u>I feel comfortable</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so	<b>20. <u>I feel pleasant</u></b> <input type="checkbox"/> Not at all <input type="checkbox"/> Somewhat <input type="checkbox"/> Moderately so <input type="checkbox"/> Very much so