

STATE TRAIT ANXIETY INVENTORY

SELF - EVALUATION QUESTIONNAIRE

Developed by C.D. Spielberger, R.L. Gorsuch and R. Lushene

STAI FORM X-1

Name _____

Date _____

DIRECTIONS: A number of statements, which people have used to describe themselves, are given below. Read each statement and then indicate in the appropriate circle to the right of the statement to indicate how you feel right now, that is, at this 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.

	NOT AT ALL	SLIGHTLY	MODERATELY	VERY MUCH
1. I feel calm.....	☐	☐	☐	☐
2. I feel secure.....	☐	☐	☐	☐
3. I am tense.....	☐	☐	☐	☐
4. I am regretful.....	☐	☐	☐	☐
5. I feel at ease.....	☐	☐	☐	☐
6. I feel upset.....	☐	☐	☐	☐
7. I am presently worrying over possible misfortunes.....	☐	☐	☐	☐
8. I feel rested.....	☐	☐	☐	☐
9. I feel anxious.....	☐	☐	☐	☐
10. I feel comfortable.....	☐	☐	☐	☐
11. I feel self-confident.....	☐	☐	☐	☐
12. I feel nervous.....	☐	☐	☐	☐
13. I am jittery.....	☐	☐	☐	☐
14. I feel "high strung".....	☐	☐	☐	☐
15. I am relaxed.....	☐	☐	☐	☐
16. I feel content.....	☐	☐	☐	☐
17. I am worried.....	☐	☐	☐	☐
18. I feel overexcited and rattled.....	☐	☐	☐	☐
19. I feel joyful.....	☐	☐	☐	☐
20. I feel pleasant.....	☐	☐	☐	☐

State Trait Anxiety Inventory Manual

Charles Donald Spielberger



State Trait Anxiety Inventory Manual:

STAI Manual for the State-trait Anxiety Inventory ("Self-evaluation Questionnaire") Charles Donald Spielberger, Richard L. Gorsuch, Robert E. Lushene, 1970 **The State-trait Anxiety Inventory (S T A I)** Charles Donald Spielberger, 1968 **STAI Manual for the State-trait Anxiety Inventory** Charles Donald Spielberger, Richard L. Gorsuch, H. E. Lushene, Robert Edward Lushene, 1970 *Manual for the State-trait anxiety inventory (form Y) ("self-evaluation questionnaire")* Charles Donald Spielberger, 1983 *Manual for State-Trait Anxiety Inventory* Spielberger, C.D. Gorsuch, R.L. Lushene, R.E., 1970 *State-trait Anxiety Inventory for Adults*, 2010 *State Trait Anxiety Inventory for Children* Charles D. Spielberger, 1973 *State-Trait Anxiety Inventory for Adults* Charles Donald Spielberger, 1983 **State-trait Anxiety Inventory for Adults** Charles Donald Spielberger, 2002 **Assessment Scales in Depression and Anxiety - CORPORATE** Raymond W. Lam, Erin E. Michalaak, Richard P. Swinson, 2006-08-08 There are a number of books recently published on assessment scales for depression and anxiety However these books are generally more detailed than clinicians require are specific to one or other condition or involve specialty populations such as children or geriatrics To meet the needs of clinicians treating patients with depressive and anxiety disorders this volume aims to bring together empirically validated assessment scales In a concise and user friendly format Assessment Scales in Depression and Anxiety illustrates the assessment scales used in clinical trials and research studies shows how to select an assessment scale and to decide which scale to use for a particular clinical situation and provides sample assessment scales for clinicians to use in their practice *The Corsini Encyclopedia of Psychology, Volume 4* Irving B. Weiner, W. Edward Craighead, 2010-01-19 Psychologists researchers teachers and students need complete and comprehensive information in the fields of psychology and behavioral science The Corsini Encyclopedia of Psychology Volume Four has been the reference of choice for almost three decades This indispensable resource is updated and expanded to include much new material It uniquely and effectively blends psychology and behavioral science The Fourth Edition features over 1 200 entries complete coverage of DSM disorders and a bibliography of over 10 000 citations Readers will benefit from up to date and authoritative coverage of every major area of psychology *State-trait Anxiety Inventory for Adults* Charles Donald Spielberger, Richard L. Gorsuch, 1983 **STAI State-trait Anxiety Inventory for Adults Form Y** Charles Donald Spielberger, 1983 *State-Trait Anxiety Inventory for Children* Charles Donald Spielberger, Richard L. Gorsuch, 1973 *Stress And Emotion* Charles D. Spielberger, Irwin G. Sarason, Zsuzsanna Kulcsar, Guus L. Van Heck, 2015-10-23 This volume based on an international conference on current research in Stress And Emotion Covers In Four Sections Theoretical Aspects perception cognition and emotion the physiological and biological Concomitants Of Emotion And Type A Behaviour And Emotion *Comprehensive Handbook of Psychological Assessment, Volume 2* Mark J. Hilsenroth, Daniel L. Segal, 2003-09-16 Comprehensive Handbook of Psychological Assessment Volume 2 presents the most up to date coverage on personality assessment from leading experts

Contains contributions from leading researchers in this area Provides the most comprehensive up to date information on personality assessment Presents conceptual information about the tests **Anxiety and the Heart** Donald Glenn Byrne, Ray H. Rosenman, 1990 Examines anxiety from both biological and behavioural points of view and combines three areas of anxiety cognitive developments psychophysiological developments and health development normally examined independently

State and Trait A. R. Smith, D. M. Jones, 2013-10-22 This third volume of Handbook of Human Performance addresses individual differences in human performance The book considers both effects related to stable characteristics and those which are a product of either endogenous changes in state or induced by task performance itself It includes chapters on intelligence demographic factors extra version and fatigue Although a wide range of topics is covered all contributions are linked in a consistent manner to human performance Encyclopedia of Health and Behavior Norman B.

Anderson, 2004-01-21 This encyclopedia comprehensively covers all aspects of what has become the dynamic domain of behavioral medicine It collects together the knowledge generated by this interdisciplinary field highlighting the links between science and practice **Stress and Anxiety** Charles Donald Spielberger, 1985

State Trait Anxiety Inventory Manual Book Review: Unveiling the Magic of Language

In an electronic era where connections and knowledge reign supreme, the enchanting power of language has are more apparent than ever. Its capability to stir emotions, provoke thought, and instigate transformation is really remarkable. This extraordinary book, aptly titled "**State Trait Anxiety Inventory Manual**," compiled by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound impact on our existence. Throughout this critique, we will delve in to the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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