

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

RC Schank



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