

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.....	☐	☐	☐	☐

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Table of Contents State Trait Anxiety Inventory Manual

1. Understanding the eBook State Trait Anxiety Inventory Manual
 - The Rise of Digital Reading State Trait Anxiety Inventory Manual
 - Advantages of eBooks Over Traditional Books
2. Identifying State Trait Anxiety Inventory Manual
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an State Trait Anxiety Inventory Manual
 - User-Friendly Interface
4. Exploring eBook Recommendations from State Trait Anxiety Inventory Manual
 - Personalized Recommendations

- State Trait Anxiety Inventory Manual User Reviews and Ratings
- State Trait Anxiety Inventory Manual and Bestseller Lists
- 5. Accessing State Trait Anxiety Inventory Manual Free and Paid eBooks
 - State Trait Anxiety Inventory Manual Public Domain eBooks
 - State Trait Anxiety Inventory Manual eBook Subscription Services
 - State Trait Anxiety Inventory Manual Budget-Friendly Options
- 6. Navigating State Trait Anxiety Inventory Manual eBook Formats
 - ePub, PDF, MOBI, and More
 - State Trait Anxiety Inventory Manual Compatibility with Devices
 - State Trait Anxiety Inventory Manual Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of State Trait Anxiety Inventory Manual
 - Highlighting and Note-Taking State Trait Anxiety Inventory Manual
 - Interactive Elements State Trait Anxiety Inventory Manual
- 8. Staying Engaged with State Trait Anxiety Inventory Manual
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers State Trait Anxiety Inventory Manual
- 9. Balancing eBooks and Physical Books State Trait Anxiety Inventory Manual
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection State Trait Anxiety Inventory Manual
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine State Trait Anxiety Inventory Manual
 - Setting Reading Goals State Trait Anxiety Inventory Manual
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of State Trait Anxiety Inventory Manual
 - Fact-Checking eBook Content of State Trait Anxiety Inventory Manual

- Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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