

Assessment:

State Trait Anxiety Inventory

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