

# State-Trait Anxiety Inventory

## STAI Form – Y1

DIRECTIONS: A number of statements which people have used to describe themselves are given below. Read each statement and then write the number in the blank at the end of the statement (grey column) that indicates how you feel right now, that is, at this moment. There is 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.

no.	Statement		Not at all	Somewhat	Moderately so	Very much so
1	I feel calm		1	2	3	4
2	I feel secure		1	2	3	4
3	I am tense		1	2	3	4
4	I feel strained		1	2	3	4
5	I feel at ease		1	2	3	4
6	I feel upset		1	2	3	4
7	I am presently worrying over possible misfortunes		1	2	3	4
8	I feel satisfied		1	2	3	4
9	I feel frightened		1	2	3	4
10	I feel comfortable		1	2	3	4
11	I feel self-confident		1	2	3	4
12	I feel nervous		1	2	3	4
13	I am Jittery		1	2	3	4
14	I feel indecisive		1	2	3	4
15	I am relaxed		1	2	3	4
16	I feel content		1	2	3	4
17	I am worried		1	2	3	4
18	I feel confused		1	2	3	4
19	I feel steady		1	2	3	4
20	I feel pleasant		1	2	3	4

# State-Trait Anxiety Inventory

## STAI Form – Y2

DIRECTIONS: A number of statements which people have used to describe themselves are given below. Read each statement and then write the number in the blank at the end of the statement (grey column) that indicates **how you generally feel**. There is no right or wrong answer. Do not spend too much time on any one statement but give the answer which seems to describe how you generally feel.

No.	Statement		Almost Never	Sometime	Often	Almost Always
21	I feel pleasant		1	2	3	4
22	I feel nervous and restless		1	2	3	4
23	I feel satisfied with myself		1	2	3	4
24	I wish I could be happy as others seem to be		1	2	3	4
25	I feel like a failure		1	2	3	4
26	I feel rested		1	2	3	4
27	I am calm, cool, and collected		1	2	3	4
28	I feel that difficulties are piling up so that I cannot overcome them		1	2	3	4
29	I worry too much over something that really doesn't matter		1	2	3	4
30	I am happy		1	2	3	4
31	I have disturbing thoughts		1	2	3	4
32	I lack self-confidence		1	2	3	4
33	I feel secure		1	2	3	4
34	I make decision easily		1	2	3	4
35	I feel inadequate		1	2	3	4
36	I am content		1	2	3	4
37	Some unimportant thoughts runs through my mind and bother me		1	2	3	4
38	I take disappointments so keenly that I can't put them out of my mind		1	2	3	4
39	I am a steady person		1	2	3	4
40	I get in a state of tension or turmoil as I think over my recent concerns and interests		1	2	3	4