

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

A Gutmann



State Trait Anxiety Inventory Manual:

Decoding **State Trait Anxiety Inventory Manual**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its power to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**State Trait Anxiety Inventory Manual**," a mesmerizing literary creation penned with a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring effect on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

https://dev.vn.se/book/detail/default.aspx/social_buzz_tiktok_self_help_trend.pdf

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