

STAI-5 and STAIT-5

A number of statements which people have used to describe themselves are given below. Read each statement and then select the option that indicates 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. Thank you.

	Not at all	Somewhat	Moderately so	Very much so
1) I feel upset.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) I feel frightened.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) I feel nervous.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) I feel jittery.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) I feel confused.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

A number of statements which people have used to describe themselves are given below. Read each statement and then select the option that indicates HOW YOU GENERALLY FEEL. 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 how you generally feel. Thank you.

	Not at all	Somewhat	Moderately so	Very much so
6) I feel that difficulties are piling up so that I cannot overcome them.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) I worry too much over something that really doesn't matter.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) Some unimportant thoughts run through my mind and bother me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) I take disappointments so keenly that I can't put them out of my mind.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) I get in a state of tension or turmoil as I think over my recent concerns and interests.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>