

STAI-5

A number of statements which people have used to describe themselves are given below. Read each statement and then circle the number at the end of the statement 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.

Item		Not at all	Somewhat	Moderately so	Very much so
1	I feel upset.	1	2	3	4
2	I feel frightened.	1	2	3	4
3	I feel nervous.	1	2	3	4
4	I am jittery.	1	2	3	4
5	I feel confused.	1	2	3	4

STAI-5

A number of statements which people have used to describe themselves are given below. Read each statement and then circle the number at the end of the statement 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.

Item		Not at all	Somewhat	Moderately so	Very much so
1	I feel that difficulties are piling up so that I cannot overcome them.	1	2	3	4
2	I worry too much over something that really doesn't matter.	1	2	3	4
3	Some unimportant thoughts run through my mind and bother me.	1	2	3	4
4	I take disappointments so keenly that I can't put them out of my mind.	1	2	3	4
5	I get in a state of tension or turmoil as I think over my recent concerns and interests.	1	2	3	4