**The State-Trait Anxiety Inventory (STAI) Self-Evaluation Questionnaire**

**STAI Form Y-1**

Time Point: T3= Final Follow-up

I am going to read some statements which people have used to describe themselves. For each statement, please tell me which number corresponds to how you feel *right now* *at this moment*. There are no right or wrong answers.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Not at all** | **Somewhat** | **Moderately So** | **Very much so** |
| **STAI1.** I feel calm | 1 | 2 | 3 | 4 |
| **STAI2.** I feel secure | 1 | 2 | 3 | 4 |
| **STAI3.** I am tense | 1 | 2 | 3 | 4 |
| **STAI4.** I feel strained | 1 | 2 | 3 | 4 |
| **STAI5.** I feel at ease | 1 | 2 | 3 | 4 |
| **STAI6.** I feel upset | 1 | 2 | 3 | 4 |
| **STAI7.** I am presently worrying over possible misfortunes | 1 | 2 | 3 | 4 |
| **STAI8.** I feel satisfied | 1 | 2 | 3 | 4 |
| **STAI9.** I feel frightened | 1 | 2 | 3 | 4 |
| **STAI10.** I feel comfortable | 1 | 2 | 3 | 4 |
| **STAI11.** I feel self-confident | 1 | 2 | 3 | 4 |
| **STAI12.** I feel nervous | 1 | 2 | 3 | 4 |
| **STAI13.** I am jittery | 1 | 2 | 3 | 4 |
| **STAI14.** I feel indecisive | 1 | 2 | 3 | 4 |
| **STAI15.** I am relaxed | 1 | 2 | 3 | 4 |
| **STAI16.** I feel content | 1 | 2 | 3 | 4 |
| **STAI17.** I am worried | 1 | 2 | 3 | 4 |
| **STAI18.** I feel confused | 1 | 2 | 3 | 4 |
| **STAI19.** I feel steady | 1 | 2 | 3 | 4 |
| **STAI20.** I feel pleasant | 1 | 2 | 3 | 4 |

**STAI Form Y-2**

I am going to read some more statements which people have used to describe themselves. For each statement, please tell me which number corresponds to how you *generally* feel.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  |  | **Almost never** | **Sometimes** | **Often** | **Almost Always** |
| 21. | **STAI21.** I feel pleasant | 1 | 2 | 3 | 4 |
| 22. | **STAI22.** I feel nervous and restless | 1 | 2 | 3 | 4 |
| 23. | **STAI23.** I feel satisfied with myself | 1 | 2 | 3 | 4 |
| 24. | **STAI24.** I wish I could be as happy as others seem to be | 1 | 2 | 3 | 4 |
| 25. | **STAI25.** I feel like a failure | 1 | 2 | 3 | 4 |
| 26. | **STAI26.** I feel rested | 1 | 2 | 3 | 4 |
| 27. | **\*STAI27.** I am “calm, cool, and collected” | 1 | 2 | 3 | 4 |
| 28. | **STAI28.** I feel that difficulties are piling up so that I cannot overcome them | 1 | 2 | 3 | 4 |
| 29. | **STAI29.** I worry too much over something that really doesn’t matter | 1 | 2 | 3 | 4 |
| 30. | **STAI30.** I am happy | 1 | 2 | 3 | 4 |
| 31. | **STAI31.** I have disturbing thoughts | 1 | 2 | 3 | 4 |
| 32. | **STAI32.** I lack self-confidence | 1 | 2 | 3 | 4 |
| 33. | **STAI33.** I feel secure | 1 | 2 | 3 | 4 |
| 34. | **STAI34.** I make decisions easily | 1 | 2 | 3 | 4 |
| 35. | **STAI35.** I feel inadequate | 1 | 2 | 3 | 4 |
| 36. | **STAI36.** I am content | 1 | 2 | 3 | 4 |
| 37. | **STAI37.** Some unimportant thought runs through my mind and bothers me | 1 | 2 | 3 | 4 |
| 38. | **STAI38.** I take disappointments so keenly that I can’t put them out of my mind | 1 | 2 | 3 | 4 |
| 39. | **STAI39.** I am a steady person | 1 | 2 | 3 | 4 |
| 40. | **STAI40.** I get in a state of tension or turmoil as I think over my recent concerns and interests | 1 | 2 | 3 | 4 |