

## Revised- State Trait Anxiety Inventory (STAI)

**A number of statements which people have used to describe themselves are given below. Read each statement and then select the appropriate value 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**

**Somewhat**

**Moderately**

**Very much so**

1. I feel calm
2. I feel tense
3. I feel upset
4. I am relaxed
5. I feel content
6. I am worried