

Appendix D. State-Trait Inventory for Cognitive and Somatic Anxiety- Trait Version: Scale and Scoring Instructions

Below is a list of statements which can be used to describe how people feel. Beside each statement are four numbers which indicate how often each statement is true of you (e.g., 1 = *not at all*, 4 = *very much so*). Please read each statement carefully and circle the number which best indicates how often, in general, the statement is true of you.

	Not at all	A little	Moderately	Very much so
1. My heart beats fast.	1	2	3	4
2. My muscles are tense.	1	2	3	4
3. I feel agonised over my problems.	1	2	3	4
4. I think that others won't approve of me.	1	2	3	4
5. I feel like I'm missing out on things because I can't make up my mind soon enough.	1	2	3	4
6. I feel dizzy.	1	2	3	4
7. My muscles feel weak.	1	2	3	4
8. I feel trembly and shaky.	1	2	3	4
9. I picture some future misfortune.	1	2	3	4
10. I can't get some thought out of my mind.	1	2	3	4
11. I have trouble remembering things.	1	2	3	4
12. My face feels hot.	1	2	3	4
13. I think that the worst will happen.	1	2	3	4
14. My arms and legs feel stiff.	1	2	3	4
15. My throat feels dry.	1	2	3	4
16. I keep busy to avoid uncomfortable thoughts.	1	2	3	4
17. I cannot concentrate without irrelevant thoughts intruding.	1	2	3	4
18. My breathing is fast and shallow.	1	2	3	4
19. I worry that I cannot control my thoughts as well as I would like to.	1	2	3	4
20. I have butterflies in the stomach.	1	2	3	4
21. My palms feel clammy.	1	2	3	4

Scoring Instructions:

Total Trait Anxiety Score: sum of all items.

Trait Somatic Subscale: sum of items 1, 2, 6, 7, 8, 12, 14, 15, 18, 20 and 21.

Trait Cognitive Subscale: sum of items 3, 4, 5, 9, 10, 11, 13, 16, 17 and 19.