## **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 |
| 1. My muscles are tense. | 1 | 2 | 3 | 4 |
| 1. I feel agonised over my problems. | 1 | 2 | 3 | 4 |
| 1. I think that others won’t approve of me. | 1 | 2 | 3 | 4 |
| 1. I feel like I’m missing out on things because I can’t make up my mind soon enough. | 1 | 2 | 3 | 4 |
| 1. I feel dizzy. | 1 | 2 | 3 | 4 |
| 1. My muscles feel weak. | 1 | 2 | 3 | 4 |
| 1. I feel trembly and shaky. | 1 | 2 | 3 | 4 |
| 1. I picture some future misfortune. | 1 | 2 | 3 | 4 |
| 1. I can’t get some thought out of my mind. | 1 | 2 | 3 | 4 |
| 1. I have trouble remembering things. | 1 | 2 | 3 | 4 |
| 1. My face feels hot. | 1 | 2 | 3 | 4 |
| 1. I think that the worst will happen. | 1 | 2 | 3 | 4 |
| 1. My arms and legs feel stiff. | 1 | 2 | 3 | 4 |
| 1. My throat feels dry. | 1 | 2 | 3 | 4 |
| 1. I keep busy to avoid uncomfortable thoughts. | 1 | 2 | 3 | 4 |
| 1. I cannot concentrate without irrelevant thoughts intruding. | 1 | 2 | 3 | 4 |
| 1. My breathing is fast and shallow. | 1 | 2 | 3 | 4 |
| 1. I worry that I cannot control my thoughts as well as I would like to. | 1 | 2 | 3 | 4 |
| 1. I have butterflies in the stomach. | 1 | 2 | 3 | 4 |
| 1. 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.