

## **STICSA (State-Trait Inventory for Cognitive and Somatic Anxiety)**

**Ree et al. (2008)**

### **Trait Anxiety**

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 **select the number which best indicates how often, in general, the statement is true of you.**

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

### **State Anxiety**

Below is a list of statements which can be used to describe how people feel.

Beside each statement are four numbers which indicate the degree with which each statement is self-descriptive of mood at this moment (e.g., 1 = not at all, 4 = very much so).

Please read each statement carefully and **select the number which best indicates how you feel right now, at this very moment**, even if this is not how you usually feel.

1. My breathing is fast and shallow.

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