

ANNEX 2 -STAI QUESTIONNAIRE

Self-evaluation questionnaire of the “State-Trait Anxiety Inventory – State” (STAI-S)

Name: _____ Date: _____ Year: _____

INSTRUCTIONS: Some statements that people have used to describe their feelings are given below. Read each statement and then circle the response option to the right to indicate how you feel right now, that is, at this moment. 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 ----- 1
Somewhat ----- 2
Moderately ----- 3
Very much ----- 4

- | | | | | |
|---|---|---|---|---|
| 1. I feel calm..... | 1 | 2 | 3 | 4 |
| 2. I feel secure..... | 1 | 2 | 3 | 4 |
| 3. I am tense..... | 1 | 2 | 3 | 4 |
| 4. I am regretful..... | 1 | 2 | 3 | 4 |
| 5. I feel at ease..... | 1 | 2 | 3 | 4 |
| 6. I feel upset..... | 1 | 2 | 3 | 4 |
| 7. I am currently worried about possible misfortunes..... | 1 | 2 | 3 | 4 |
| 8. I feel rested..... | 1 | 2 | 3 | 4 |
| 9. I feel anxious..... | 1 | 2 | 3 | 4 |
| 10. I feel comfortable..... | 1 | 2 | 3 | 4 |
| 11. I feel self-confident..... | 1 | 2 | 3 | 4 |
| 12. I feel nervous..... | 1 | 2 | 3 | 4 |
| 13. I am jittery..... | 1 | 2 | 3 | 4 |
| 14. I feel “high-strung” | 1 | 2 | 3 | 4 |
| 15. I am relaxed..... | 1 | 2 | 3 | 4 |
| 16. I feel content..... | 1 | 2 | 3 | 4 |
| 17. I am worried..... | 1 | 2 | 3 | 4 |
| 18. I feel overexcited and rattled..... | 1 | 2 | 3 | 4 |
| 19. I feel joyful..... | 1 | 2 | 3 | 4 |
| 20. I feel fine..... | 1 | 2 | 3 | 4 |

ANNEX 2 -STAI QUESTIONNAIRE

Self-evaluation questionnaire of the “State-Trait Anxiety Inventory – Trait” (STAI-T)

Name: _____ Date: _____ Year: _____

INSTRUCTIONS: Some statements that people have used to describe their feelings are given below. Read each statement and then circle the appropriate number to the right of the statement to indicate how you generally feel. There are no right or wrong answers. Do not spend too much time on a single statement, but give the answer that comes closest to how you generally feel.

Almost never ----- 1
Sometimes ----- 2
Often ----- 3
Almost always ----- 4

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|--|---|---|---|---|
| 1. I feel fine..... | 1 | 2 | 3 | 4 |
| 2. I tire quickly..... | 1 | 2 | 3 | 4 |
| 3. I feel like crying..... | 1 | 2 | 3 | 4 |
| 4. I wish I could be as happy as others seem to be..... | 1 | 2 | 3 | 4 |
| 5. I am losing opportunities because I cannot make decisions fast..... | 1 | 2 | 3 | 4 |
| 6. I feel rested..... | 1 | 2 | 3 | 4 |
| 7. I am calm..... | 1 | 2 | 3 | 4 |
| 8. I feel that difficulties are piling up in such a way that I cannot overcome them..... | 1 | 2 | 3 | 4 |
| 9. I worry too much about things that do not really matter..... | 1 | 2 | 3 | 4 |
| 10. I am happy..... | 1 | 2 | 3 | 4 |
| 11. I am inclined to take things hard..... | 1 | 2 | 3 | 4 |
| 12. I lack self-confidence..... | 1 | 2 | 3 | 4 |
| 13. I feel secure..... | 1 | 2 | 3 | 4 |
| 14. I try to avoid facing a crisis or difficulty..... | 1 | 2 | 3 | 4 |
| 15. I feel blue..... | 1 | 2 | 3 | 4 |
| 16. I am content..... | 1 | 2 | 3 | 4 |
| 17. Some unimportant thoughts run through my mind and bother me..... | 1 | 2 | 3 | 4 |
| 18. I take disappointments so keenly that I cannot get them out of my mind..... | 1 | 2 | 3 | 4 |
| 19. I am a steady person..... | 1 | 2 | 3 | 4 |
| 20. I become tense and upset when I think about my current concerns..... | 1 | 2 | 3 | 4 |