

**UJIAN SARINGAN ANZIETI**  
**ANXIETY SCREENING TOOL (AST)**

**Sila baca setiap kenyataan dengan teliti and tandakan bulatan pada nombor 0, 1, 2, 3 atau 4 bagi menggambarkan keadaan anda. Tiada jawapan yang betul atau salah.**

*Please read each statement carefully and circle a number 0, 1, 2, 3, or 4 which indicates how much the statement applied to you. There are no right or wrong answers.*

		<b>Tidak Pernah</b>  <i>Never</i>	<b>Sekali- sekala</b>  <i>Rarely</i>	<b>Selalu</b>  <i>Sometimes</i>	<b>Kerap</b>  <i>Fairly often</i>	<b>Amat Kerap</b>  <i>Always</i>
1	<b>Saya rasa gelisah.</b> <i>I feel nervous.</i>	0	1	2	3	4
2	<b>Saya takut sesuatu yang buruk akan menimpa diri saya.</b> <i>I am afraid of something bad will happen to me.</i>	0	1	2	3	4
3	<b>Saya rasa seperti tercekik.</b> <i>I am feeling of choking.</i>	0	1	2	3	4
4	<b>Saya tak berasa tenang.</b> <i>I don't feel calm.</i>	0	1	2	3	4
5	<b>Saya berasa gementar.</b> <i>I have the feeling of shakiness.</i>	0	1	2	3	4
6	<b>Saya rasa tergesa-gesa tanpa sebab yang jelas.</b> <i>I feel rushing without any reason.</i>	0	1	2	3	4
7	<b>Saya rasa seperti hendak pitam.</b> <i>I feel dizzy.</i>	0	1	2	3	4
8	<b>Saya rasa muka saya hangat.</b> <i>I feel flushed on my face.</i>	0	1	2	3	4
9	<b>Saya rasa bimbang.</b> <i>I feel worried.</i>	0	1	2	3	4
10	<b>Saya rasa tidak tenteram.</b> <i>I feel unsteady.</i>	0	1	2	3	4
11	<b>Saya mudah cemas.</b> <i>I panic easily.</i>	0	1	2	3	4
12	<b>Saya tidak boleh rileks.</b> <i>I am unable to relax.</i>	0	1	2	3	4
13	<b>Saya rasa sesuatu malapetaka akan melanda saya.</b> <i>I think I will be hit by some disaster.</i>	0	1	2	3	4
14	<b>Saya sentiasa risau.</b> <i>I am always worried.</i>	0	1	2	3	4

15	<b>Saya selalu panik.</b> <i>I am always panic.</i>	0	1	2	3	4
16	<b>Saya sentiasa resah.</b> <i>I am always restless/ uneasy.</i>	0	1	2	3	4
17	<b>Hati saya berdebar-debar.</b> <i>My heart is pounding.</i>	0	1	2	3	4
18	<b>Saya rasa perut saya tidak selesa.</b> <i>I have stomach ache.</i>	0	1	2	3	4
19	<b>Saya rasa menggigil.</b> <i>I am shivering.</i>	0	1	2	3	4

### *KAEDAH PEMARKAHAN/ SCORING INSTRUCTIONS*

Skoring Ujian Saringan Anzieti

Penjumlahan skor keseluruhan skala: Cadangan pengiraan seperti berikut: Jumlah skor keseluruhan =  $19 \times 4 = 76$

Keputusan dan kategori subskala:

Kategori 1: skor rendah (25%) [skor 0 - 19]

Kategori 2: skor sederhana (25%) [skor 20 - 38]

Kategori 3: skor tinggi (25%) [skor 39 - 57]

Kategori 4: skor sangat tinggi (25%) [skor 58 - 76]

\*Nota penting: Klasifikasi ini hanya berdasarkan prinsip taburan normal skor dan belum dibangun dan diuji norma kelompok.

Overall scale total:

The total score is  $19 \times 4 = 76$

Results and subscale categories:

Category 1: Low score (25%) [score 0 - 19]

Category 2: Moderate score (25%) [score 20 - 38]

Category 3: High score (25%) [score 39 - 57]

Category 4: Very high score (25%) [score 58 - 76]

\*Note this classification is based on the principal of normal distribution, and has not been developed or tested with a normative population.