

A) STATE ANXIETY

DIRECTIONS: A number of statements which people have used to describe themselves are given below. Read each statement and then circle the appropriate number to the right of the statement to indicate how you feel *right now, that is, at this moment*. There are no right or wrong answers. Do not spend too much time on any one statement, but give the answer which seems to describe your feelings best. (Variable names in red)

	<u>Not at</u>		<u>Moderately</u>	<u>Very</u>
	<u>All</u>	<u>Somewhat</u>	<u>So</u>	<u>Much So</u>
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 feel strained.....	1	2	3	4
5. I feel at ease.....	1	2	3	4
6. I feel upset.....	1	2	3	4
7. I am presently worrying over possible misfortunes....	1	2	3	4
8. I feel satisfied.....	1	2	3	4
9. I feel frightened.....	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 indecisive.....	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 confused.....	1	2	3	4
19. I feel steady.....	1	2	3	4
20. I feel pleasant.....	1	2	3	4

State _____ %
 _____ SS

state := (sum of scores for individual questions)
scored value is as stated except #1, 2, 5, 8, 10, 11, 15, 16, 19, and 20 are scored 4, 3, 2, 1
If 2 or less missing values, the missing are replaced with the average of all other scores to create summary score.

Individual item scores are available on request.