

A) TRAIT 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 *generally feel*. 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 how you generally feel. (Variable names in red)

	<u>Not at</u> <u>All</u>	<u>Somewhat</u>	<u>Moderately</u> <u>So</u>	<u>Very</u> <u>Much So</u>
21. I feel pleasant.....	1	2	3	4
22. I feel nervous and restless.....	1	2	3	4
23. I feel satisfied with myself.....	1	2	3	4
24. I wish I could be as happy as others seem to be.....	1	2	3	4
25. I feel like a failure.....	1	2	3	4
26. I feel rested.....	1	2	3	4
27. I am "calm, cool, and collected".....	1	2	3	4
28. I feel that difficulties are piling up so that I cannot overcome them.....	1	2	3	4
29. I worry too much over something that really doesn't matter..	1	2	3	4
30. I am happy.....	1	2	3	4
31. I have disturbing thoughts.....	1	2	3	4
32. I lack self-confidence.....	1	2	3	4
33. I feel secure.....	1	2	3	4
34. I make decisions easily.....	1	2	3	4
35. I feel inadequate.....	1	2	3	4
36. I am content.....	1	2	3	4
37. Some unimportant thought runs through my mind and bothers me.....	1	2	3	4
38. I take disappointments so keenly that I can't put them out of my mind.....	1	2	3	4
39. I am a steady person.....	1	2	3	4
40. I get in a state of tension or turmoil as I think over my recent concerns and interests.....	1	2	3	4

Trait_____ %
 _____ SS

trait := (sum of scores for individual questions)
scored value is as stated except #21, 23, 26, 27, 30, 33, 34, 36, and 39 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.