STAI -SF

Subject ID	Month	Day	Year	Week
0 0 0 0	0 0	0 0	0 0	0 0
1 1 1 1	1 1	1 1	1 1	1 1
2 2 2 2	2 2	2 2	2 2	2 2
3 3 3 3	3 3	3 3	3 3	3 3
4 4 4 4	4 4	4 4	4 4	4 4
5 5 5 5	5 5	5 5	5 5	5 5
6 6 6 6	6 6	6 6	6 6	6 6
7 7 7 7	7 7	7 7	7 7	7 7
8 8 8 8	8 8	8 8	8 8	8 8
9 9 9 9	9 9	9 9	9 9	9 9

Directions: A number of statements which people have used to describe themselves are given below. Read each statement and then blacken in the appropriate circle 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 PRESENT FEELINGS best.

	Not at all	Somewhat	Moderately	Very Much
1. I feel calm.	1	2	3	4
2. I am tense.	1	2	3	4
3. I feel at ease.	1	2	3	4
4. I am presently worrying over possible misfortunes.	1	2	3	4
5. I feel nervous.	1	2	3	4
6. I am jittery.	1	2	3	4
7. I am relaxed.	1	2	3	4
8. I am worried.	1	2	3	4
9. I feel steady.	1	2	3	4
10. I feel frightened.	1	2	3	4

Directions: A number of statements that people have used to describe themselves are given below. Read each statement and then blacken the appropriate circle 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.

	Almost Never	Sometimes	Often	Almost Always
11. I am a steady person.	1	2	3	4
12. I feel satisfied with myself.	1	2	3	4
13. I feel nervous and restless.	1	2	3	4
14. I wish I could be as happy as others seem to be.	1	2	3	4
15. I feel like a failure.	1	2	3	4
16. I get in a state of tension or turmoil as I think over my recent concerns and interests.	1	2	3	4
17. I feel secure.	1	2	3	4
18. I lack self-confidence.	1	2	3	4
19. I feel inadequate.	1	2	3	4
20. I worry too much over something that really does not matter.	1	2	3	4