

State-Trait Anxiety Inventory for Adults

Participant	First Name	Email address	I feel calm	I feel secure	I am tense	I feel stressed	I feel at ease	I feel unwell
			4	4	4	4	4	4
			3	4	1	1	3	1
			4	4	2	2	4	1
			2	4	3	3	2	2
			2	3	2	2	2	2
			2	2	2	2	2	1
			4	4	1	1	3	1
			4	4	3	1	3	1
			4	4	1	1	4	1
			3	3	1	2	3	1

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I am	I feel sa	I feel fri	I feel com	I feel se	I feel n	I am j	I feel ind	I am r	
4	4	4	4	4	4	1	1	1	4
1	2	1	3	2	1	1	1	1	2
2	3	1	4	3	2	1	1	2	4
1	3	1	2	3	1	1	1	1	3
2	3	1	2	3	2	2	2	2	2
1	1	1	3	2	2	1	1	1	2
1	3	1	4	4	1	1	1	1	4
1	4	1	4	3	2	1	2	2	4
1	3	1	3	4	1	1	2	2	4
2	3	1	3	3	1	1	1	1	3

I feel co	I am w	I feel con	I feel st	I feel pl	I feel p	I feel ne	I feel sat	I wish I
4	1	1	4	4	4	1	4	1
2	1	1	3	4	3	2	3	2
4	2	1	3	4	4	1	3	2
2	1	1	1	3	4	1	3	2
1	2	2	2	2	3	2	3	1
2	1	1	3	3	4	1	4	1
4	1	1	4	3	4	1	4	4
4	2	1	3	4	4	2	3	2
4	1	2	4	4	3	2	3	2
3	1	1	3	3	3	1	3	2

I feel like	I feel re	I am calm,	I feel that	I worry	I am hap	I have dist	I lack sel	I feel se
1	3	4	1	1	4	1	1	4
1	1	2	1	2	3	1	2	3
1	3	4	2	2	4	1	1	4
1	2	3	2	2	3	1	1	3
1	2	3	1	2	3	1	1	3
1	3	3	1	2	4	1	2	4
1	2	4	1	1	4	1	1	4
2	4	3	2	2	4	1	2	3
2	3	3	2	2	3	1	2	3
2	3	3	2	2	3	1	2	3

I make de	I feel in	I am co	Some	I take	I am a st	I get in a	Gender	State-Anxie	
4	1	4	4	1	1	4	1	2	35
3	1	3	3	2	2	3	2	2	32
3	2	4	4	1	1	4	1	2	29
3	1	3	3	2	2	3	1	2	40
3	1	4	4	1	2	3	2	2	47
3	2	4	4	1	1	4	2	2	41
4	1	4	4	1	2	4	1	2	23
2	1	4	4	2	2	3	2	2	28
3	1	3	3	2	2	4	2	2	24
3	2	3	3	2	2	3	2	2	32

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