

SCORING KEY FOR STAI FORM Y-2

	<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.....	4	3	2	1
22. I feel nervous and restless.....	1	2	3	4
23. I feel satisfied with myself.....	4	3	2	1
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.....	4	3	2	1
27. I am "calm, cool, and collected".....	4	3	2	1
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.....	4	3	2	1
31. I have disturbing thoughts.....	1	2	3	4
32. I lack self-confidence.....	1	2	3	4
33. I feel secure.....	4	3	2	1
34. I make decisions easily.....	4	3	2	1
35. I feel inadequate.....	1	2	3	4
36. I am content.....	4	3	2	1
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.....	4	3	2	1
40. I get in a state of tension or turmoil as I think over my recent concerns and interests.....	1	2	3	4