

SCORING KEY FOR STAI Y-1

	<u>Not At</u> <u>All</u>	<u>Somewhat</u>	<u>Moderately</u> <u>So</u>	<u>Very</u> <u>Much So</u>
1. I feel calm.....	4	3	2	1
2. I feel secure.....	4	3	2	1
3. I am tense.....	1	2	3	4
4. I feel strained.....	1	2	3	4
5. I feel at ease.....	4	3	2	1
6. I feel upset.....	1	2	3	4
7. I am presently worrying over possible misfortunes.....	1	2	3	4
8. I feel satisfied.....	4	3	2	1
9. I feel frightened.....	1	2	3	4
10. I feel comfortable.....	4	3	2	1
11. I feel self-confident.....	4	3	2	1
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.....	4	3	2	1
16. I feel confident.....	4	3	2	1
17. I am worried.....	1	2	3	4
18. I feel confused.....	1	2	3	4
19. I feel steady.....	4	3	2	1
20. I feel pleasant.....	4	3	2	1