

Anxiety (State-Trait) Assessment

The ASTA-20 is a tool designed to measure state anxiety (reactive and situational) and trait anxiety (a stable dispositional tendency) separately. It explores various components of the anxiety experience, such as physiological arousal, emotional tension, threat perception, negative anticipation, regulation difficulties, and vulnerability to uncertainty, allowing a differentiated analysis of current manifestations and habitual anxious functioning.

Number of questions	20 questions
Estimated duration	5 minutes
Language	English
Original name	Anxiety (State-Trait) Assessment
Target audience	Adolescents (≥ 15 years) and adults
Category	Anxiety

Preview of the 20 questions

Inner tension

Right now:

I feel relaxed. | I feel a slight inner tension. | I feel tense and nervous. | I am extremely tense, to the point of being unable to relax.

Immediate worry

Right now:

I don't feel any worry. | I feel a little concerned. | I am worried and it occupies my thoughts. | I am constantly ruminating on my difficulties or worries.

Sense of danger

Right now:

I feel safe. | I have a slight feeling that something could go wrong. | I have the feeling that a problem is imminent. | I feel intense and immediate danger.

Physical activation

Right now:

- My body is calm.
- I feel slight physical agitation.
- My heart is beating faster or I feel physically tense.
- I feel strong physical agitation (palpitations, trembling, marked tension).

Difficulty relaxing

Right now:

- I relax easily.
- I have a little trouble relaxing.
- It is difficult for me to relax.
- I am unable to relax.

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

Each item is scored on a scale from **0 to 3**, corresponding to increasing symptom intensity.

The test has **20 items**, divided into two distinct subscales:

- **State Anxiety**: 10 items (score from 0 to 30)
- **Trait Anxiety**: 10 items (score from 0 to 30)

Interpretation should take into account the clinical context, the interview, and the other assessment data.

The state score reflects current anxiety intensity, while the trait score indicates habitual vulnerability to anxiety.

Scoring example

Scoring

TOTAL SCORE

47%

- Raw score: 28 / 60
- 20 questions
- Mean score: 1.4 / 3

SUBSCORES

State Anxiety score 63%

- Raw score: 19 / 30
- 10 questions

• Mean score: 1.9 / 3

Trait Anxiety score

30%

• Raw score: 9 / 30
• 10 questions
• Mean score: 0.9 / 3

Summary

The responses indicate current emotional tension and a marked tendency to worry, in both the short and the long term. There is a possible difficulty managing uncertainty and stress, along with frequent rumination about problems. The patient also appears sensitive to criticism and to new situations, which could contribute to an underlying sense of restlessness and nervousness. These elements could suggest a vulnerability to anxiety that warrants further exploration.

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 Laura V. - Online Psychologist