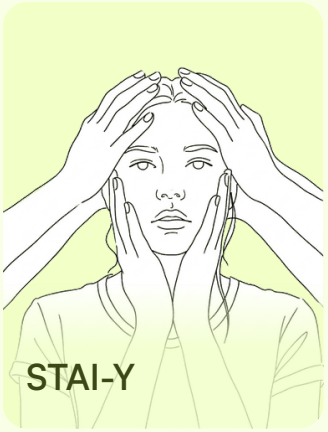


State-Trait Anxiety Inventory (STAI-Y)

The STAI is a well-established tool for assessing individuals' anxiety levels, distinguishing between transient anxiety related to the current situation (state anxiety) and more general, chronic anxiety (trait anxiety). This test is widely used in clinical settings to diagnose anxiety disorders, as well as in research to study the effects of anxiety.

Number of questions	40 questions
Estimated duration	10 minutes
Language	English
Original name	State-Trait Anxiety Inventory
Target audience	Adults, adolescents
Authors	Charles D. Spielberger, R.L. Gorsuch, R.E. Lushene (1970)
Category	Anxiety

Preview of the 40 questions

Right now:

I feel calm.

Not at all | A little | Moderately | A lot

Right now:

I feel safe.

Not at all | A little | Moderately | A lot

Right now:

I am tense.

Not at all | A little | Moderately | A lot

Right now:

I feel overworked.

Not at all | A little | Moderately | A lot

Right now:

I feel at peace.

Not at all | A little | Moderately | A lot

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

The STAI consists of two subscales of 20 items each. Each item is rated on a four-point Likert scale. The scores for each subscale are summed, with high scores indicating more intense anxiety. Norms are available to interpret scores according to different age groups and sexes.

Usage

This tool isn't available on Mentaal. To use this questionnaire in your practice, you need a valid license. We invite you to send it directly from the publisher's website.

Go to the publisher's website ›

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★★★★★

“I now use the platform every day, it's so comprehensive, reliable and remarkably easy to use.”

 Laura V. - Online Psychologist