State-Trait Anxiety Inventory (STAI)

Category: Anxiety | Items: 40 | Time: ~10 min

Description / When to Use

Measures both temporary state anxiety and long-standing trait anxiety.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 40 items in this scale. Estimated completion time: 10 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

1 = Almost never | 2 = Sometimes | 3 = Often | 4 = Almost always

Scoring Guide

Two 20-item subscales (S-Anxiety and T-Anxiety) scored 1-4. Range 20-80 each. Higher scores = greater anxiety.

Subscales:

- State Anxiety: 20 items
- Trait Anxiety: 20 items

Cutoff Interpretation

Score Range	Severity	Recommended Action
20-37	Low anxiety	None
38-44	Moderate anxiety	Monitor
45-80	High anxiety	Consider treatment

Psychometric Properties

Cronbach's alpha: 0.93 | Test-retest reliability: 0.90
Validity: Distinguishes state vs trait anxiety; validated across cultures.

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Citation (APA Format)

Spielberger, C. D., Gorsuch, R. L., Lushene, R., Vagg, P. R., & Jacobs, G. A. (1983). Manual for the State-Trait Anxiety Inventory. Consulting Psychologists Press.
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