

Spielberger State-Trait Anxiety Inventory (STAI)

Description

Spielberger State-Trait Anxiety Inventory (STAI) [Spielberger 1983] is a self-reported instrument. It was designed to assess levels of state anxiety and trait anxiety, through 40 items scored by a likert-scale. State anxiety can be defined as a transient momentary emotional status that results from situational stress. Trait anxiety represents a predisposition to react with anxiety in stressful situations. This data set includes two STAI subscale scores.

Refer to the data codebook for the detailed information of each variable.

Study Sample

224 participants

Data Collection Methods

STAI was administered on the 2nd clinic evaluation day, and the scores were calculated from the raw responses later.

Reference

Spielberger CD. *Manual for the State-Trait Anxiety Inventory (STAI)*. Palo Alto, CA: Consulting Psychologists Press 1983.