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The State-Trait Anxiety Inventory (STAI)

Availability:	Please visit this website for more information about the instrument: PLEASE CLICK HERE FOR MORE INFORMATION
Classification:	Supplemental
Short Description of Instrument:	<p>The State-Trait Anxiety Inventory STAI measures the presence of anxiety symptoms relating to both current (state) anxiety and long-standing (trait) anxiety in research and clinical settings. The STAI is a validated 40-item self report assessment device which are divided into separate measures of state and trait anxiety each comprising of 20-items. The two measures comprise the inventory, one consisting of 20 items measuring state anxiety, and the other of 20 items measuring trait anxiety. The STAI is frequently used to measure anxiety in populations with headache.</p> <p>The STAI has been adapted in more than 30 languages for cross-cultural research and clinical practice.</p> <p>The STAI's psychometric properties are adequate. While the scale is meant to measure anxiety, it is problematic in that it overlaps substantially with depression.</p>
Scoring:	On each of the two measures the twenty questions are scored on a four point Likert scale, some of which are reverse scored. The STAI is self-administered and it takes 2-5 minutes to complete.
References:	<p>Antony MM, Orsillo SM, Roemer L, eds. Practitioner's Guide to Empirically Based Measures of Anxiety. NewYork: Kluwer/Plenum; 2001.</p> <p>Bieling J, Antony MM, Swinson RP. The State-Trait Anxiety Inventory: Structure and content re-examined. Behav Res Ther. 1998;36:777-788.</p> <p>Maizels M, Smitherman TA, Penzien DB. A Review of Screening Tools for Psychiatric Comorbidity in Headache Patients. Headache. 2006; 46 [Suppl 3]:S98-S109.</p> <p>Spielberger CD, Gorsuch RL, Lushene R, Vagg PR, Jacobs GA. Manual for the State-Trait Anxiety Inventory (Form Y). Palo Alto, CA: Mind Garden; 1983.</p>