

# State-Trait Anxiety Inventory (STAI)

by James Lani

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The **STAI, or State-Trait Anxiety Inventory (STAI)** is an instrument that quantifies adult anxiety (a children's version is also available). This particular instrument is used to simplify the separation between state anxiety and trait anxiety, feelings of anxiety and depression. The STAI includes a 40 question response taking approximately 10-20 minutes for completion and the test is given in tens of different languages worldwide. This test is split into the S-Anxiety scale and the T-Anxiety scale, each having 20 items. These tests are answered on the basis of a 1-4 scale, with the focused areas including: worry, tension, apprehension, and nervousness. The current edition is Form Y (STAI Form Y).

## Authors

[Spielberger](#), Gorsuch, & Lushene (1970)

## Reliability and Validity

According to studies by Spielberger (1970), test-retest correlations were calculated to be .54 for the State section and .86 for the trait section. The STAI interchangeability rating related anxiety instruments was .80 for Taylor Manifest Anxiety Scale, .75 for IPAT Anxiety Scale, and .52 for the Multiple Affect Adjective Check List.

## Learn more about the STAI or to Purchase

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### **Administration, Analysis and Reporting**

Statistics Solutions consists of a team of professional methodologists and statisticians that can assist the student or professional researcher in administering the survey instrument, collecting the data, conducting the analyses and explaining the results.

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### **References**

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