

## State-Trait Anxiety Inventory (STAI)

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

You can learn more about the STAI or purchase at the website of our preferred partner:

[For Adults](#)

[For Children](#)

### About Mind Garden, Inc.

Mind Garden is an independent psychological publishing company of leadership, coping, anxiety and many other assessments and developmental materials. Since 1994, Mind Garden has sought to preserve and grow important psychological assessments. Mind Garden has an array of services related to online access and scoring of instruments.

Mind Garden is unique in providing a rapid response to purchase of permission to reproduce their products, via PDF. This is ideal for Ph.D. candidates and researchers who “need it now”, as well as those who may wish to use an instrument online with other instruments or questions. Paper licenses are also available, providing one copy with permission to reproduce. Mind Garden provides review copies of instruments and scoring in the product manual so that you do not need to

order additional components to understand an instrument.

### **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.

For additional information on these services, [click here](#).

### **References**

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