

## PERCEIVED STRESS SCALE

The questions in this scale ask you about your feelings and thoughts during the last month. In each case, you will be asked to indicate by circling *how often* you felt or thought a certain way.

Name \_\_\_\_\_ Date \_\_\_\_\_

Age \_\_\_\_\_ Gender (Circle): **M** **F** Other \_\_\_\_\_

**0 = Never   1 = Almost Never   2 = Sometimes   3 = Fairly Often   4 = Very Often**

1. In the last month, how often have you been upset because of something that happened unexpectedly?      0   1   2   3   4
2. In the last month, how often have you felt that you were unable to control the important things in your life?      0   1   2   3   4
3. In the last month, how often have you felt nervous and "stressed"?      0   1   2   3   4
4. In the last month, how often have you felt confident about your ability to handle your personal problems?      0   1   2   3   4
5. In the last month, how often have you felt that things were going your way?      0   1   2   3   4
6. In the last month, how often have you found that you could not cope with all the things that you had to do?      0   1   2   3   4
7. In the last month, how often have you been able to control irritations in your life?      0   1   2   3   4
8. In the last month, how often have you felt that you were on top of things?      0   1   2   3   4
9. In the last month, how often have you been angered because of things that were outside of your control?      0   1   2   3   4
10. In the last month, how often have you felt difficulties were piling up so high that you could not overcome them?      0   1   2   3   4

**SELF-EVALUATION QUESTIONNAIRE STAI Form Y-1**

**Please provide the following information:**

Name \_\_\_\_\_ Date \_\_\_\_\_ S \_\_\_\_\_  
 Age \_\_\_\_\_ Gender (Circle) **M** **F** T \_\_\_\_\_

**DIRECTIONS:**

A number of statements which people have used to describe themselves are given below. Read each statement and then circle the appropriate number to the right of the statement to indicate how you feel *right now*, that is, *at this moment*. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe your present feelings best.

VERY MUCH SO  
 MODERATELY SO  
 SOMEWHAT  
 NOT AT ALL

- |  |   |   |   |   |
|--|---|---|---|---|
| 1. I feel calm.....  | 1 | 2 | 3 | 4 |
| 2. I feel secure .....                                     | 1 | 2 | 3 | 4 |
| 3. I am tense .....  | 1 | 2 | 3 | 4 |
| 4. I feel strained .....                                   | 1 | 2 | 3 | 4 |
| 5. I feel at ease .....                                    | 1 | 2 | 3 | 4 |
| 6. I feel upset .....                                      | 1 | 2 | 3 | 4 |
| 7. I am presently worrying over possible misfortunes ..... | 1 | 2 | 3 | 4 |
| 8. I feel satisfied .....                                  | 1 | 2 | 3 | 4 |
| 9. I feel frightened .....                                 | 1 | 2 | 3 | 4 |
| 10. I feel comfortable .....                               | 1 | 2 | 3 | 4 |
| 11. I feel self-confident .....                            | 1 | 2 | 3 | 4 |
| 12. I feel nervous .....                                   | 1 | 2 | 3 | 4 |
| 13. I am jittery .....                                     | 1 | 2 | 3 | 4 |
| 14. I feel indecisive.....                                 | 1 | 2 | 3 | 4 |
| 15. I am relaxed .....                                     | 1 | 2 | 3 | 4 |
| 16. I feel content .....                                   | 1 | 2 | 3 | 4 |
| 17. I am worried .....                                     | 1 | 2 | 3 | 4 |
| 18. I feel confused.....                                   | 1 | 2 | 3 | 4 |
| 19. I feel steady.....                                     | 1 | 2 | 3 | 4 |
| 20. I feel pleasant.....                                   | 1 | 2 | 3 | 4 |

# SELF-EVALUATION QUESTIONNAIRE

STAI Form Y-2

Name \_\_\_\_\_ Date \_\_\_\_\_

## DIRECTIONS

A number of statements which people have used to describe themselves are given below. Read each statement and then circle the appropriate number to the right of the statement to indicate how you *generally* feel. There are no right or wrong answers. Do not spend too much time on any one statement but give the answer which seems to describe how you generally feel.

ALMOST NEVER  
SOMETIMES  
OFTEN  
ALMOST ALWAYS

- |  |   |   |   |   |
|--|---|---|---|---|
| 21. I feel pleasant.....   | 1 | 2 | 3 | 4 |
| 22. I feel nervous and restless .....  | 1 | 2 | 3 | 4 |
| 23. I feel satisfied with myself.....  | 1 | 2 | 3 | 4 |
| 24. I wish I could be as happy as others seem to be .....  | 1 | 2 | 3 | 4 |
| 25. I feel like a failure .....  | 1 | 2 | 3 | 4 |
| 26. I feel rested .....  | 1 | 2 | 3 | 4 |
| 27. I am "calm, cool, and collected" .....   | 1 | 2 | 3 | 4 |
| 28. I feel that difficulties are piling up so that I cannot overcome them.....                       | 1 | 2 | 3 | 4 |
| 29. I worry too much over something that really doesn't matter.....                                  | 1 | 2 | 3 | 4 |
| 30. I am happy .....   | 1 | 2 | 3 | 4 |
| 31. I have disturbing thoughts .....   | 1 | 2 | 3 | 4 |
| 32. I lack self-confidence.....  | 1 | 2 | 3 | 4 |
| 33. I feel secure .....  | 1 | 2 | 3 | 4 |
| 34. I make decisions easily .....  | 1 | 2 | 3 | 4 |
| 35. I feel inadequate.....   | 1 | 2 | 3 | 4 |
| 36. I am content .....   | 1 | 2 | 3 | 4 |
| 37. Some unimportant thought runs through my mind and bothers me .....                               | 1 | 2 | 3 | 4 |
| 38. I take disappointments so keenly that I can't put them out of my mind.....                       | 1 | 2 | 3 | 4 |
| 39. I am a steady person.....  | 1 | 2 | 3 | 4 |
| 40. I get in a state of tension or turmoil as I think over my recent concerns<br>and interests ..... | 1 | 2 | 3 | 4 |

## State-Trait Anxiety Inventory for Adults Scoring Key (Form Y-1, Y-2)

Developed by **Charles D. Spielberger** in collaboration with R.L. Gorsuch, R. Lushene, P.R. Vagg, and G.A. Jacobs

To use this stencil, fold this sheet in half and line up with the appropriate test side, either Form Y-1 or Form Y-2. Simply total the scoring **weights** shown on the stencil for each response category. For example, for question # 1, if the respondent marked 3, then the **weight** would be **2**. Refer to the manual for appropriate normative data.

| <b>Form Y-1</b> | <i>NOT AT ALL</i> | <i>SOMEWHAT</i> | <i>MODERATELY SO</i> | <i>VERY MUCH SO</i> | <b>Form Y-2</b> | <i>ALMOST NEVER</i> | <i>SOMETIMES</i> | <i>OFTEN</i> | <i>ALMOST ALWAYS</i> |
|-----------------|-------------------|-----------------|----------------------|---------------------|-----------------|---------------------|------------------|--------------|----------------------|
| 1.              | 4                 | 3               | 2                    | 1                   | 21.             | 4                   | 3                | 2            | 1                    |
| 2.              | 4                 | 3               | 2                    | 1                   | 22.             | 1                   | 2                | 3            | 4                    |
| 3.              | 1                 | 2               | 3                    | 4                   | 23.             | 4                   | 3                | 2            | 1                    |
| 4.              | 1                 | 2               | 3                    | 4                   | 24.             | 1                   | 2                | 3            | 4                    |
| 5.              | 4                 | 3               | 2                    | 1                   | 25.             | 1                   | 2                | 3            | 4                    |
| 6.              | 1                 | 2               | 3                    | 4                   | 26.             | 4                   | 3                | 2            | 1                    |
| 7.              | 1                 | 2               | 3                    | 4                   | 27.             | 4                   | 3                | 2            | 1                    |
| 8.              | 4                 | 3               | 2                    | 1                   | 28.             | 1                   | 2                | 3            | 4                    |
| 9.              | 1                 | 2               | 3                    | 4                   | 29.             | 1                   | 2                | 3            | 4                    |
| 10.             | 4                 | 3               | 2                    | 1                   | 30.             | 4                   | 3                | 2            | 1                    |
| 11.             | 4                 | 3               | 2                    | 1                   | 31.             | 1                   | 2                | 3            | 4                    |
| 12.             | 1                 | 2               | 3                    | 4                   | 32.             | 1                   | 2                | 3            | 4                    |
| 13.             | 1                 | 2               | 3                    | 4                   | 33.             | 4                   | 3                | 2            | 1                    |
| 14.             | 1                 | 2               | 3                    | 4                   | 34.             | 4                   | 3                | 2            | 1                    |
| 15.             | 4                 | 3               | 2                    | 1                   | 35.             | 1                   | 2                | 3            | 4                    |
| 16.             | 4                 | 3               | 2                    | 1                   | 36.             | 4                   | 3                | 2            | 1                    |
| 17.             | 1                 | 2               | 3                    | 4                   | 37.             | 1                   | 2                | 3            | 4                    |
| 18.             | 1                 | 2               | 3                    | 4                   | 38.             | 1                   | 2                | 3            | 4                    |
| 19.             | 4                 | 3               | 2                    | 1                   | 39.             | 4                   | 3                | 2            | 1                    |
| 20.             | 4                 | 3               | 2                    | 1                   | 40.             | 1                   | 2                | 3            | 4                    |