

## استمارة قياس الضغط النفسي للبالغين (STAI-Y)

الاسم:..... العمر:..... التاريخ:.....

### حصر حالات القلق

يرجى قراءة كل عبارة ووضع علامة دائرة على الرقم الذي يشير الى احساسك في هذه اللحظة

مقياس التقييم:

1. لا اطلاقا	2. بعض الشيء	4. بدرجة متوسطة	4. بدرجة كبيرة
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1.	أشعر بالهدوء	1	2	3	4
2.	أشعر بالأمان	1	2	3	4
3.	أنا متوتر	1	2	3	4
4.	أشعر بالارهاق والتكلف	1	2	3	4
5.	أشعر بالارتياح	1	2	3	4
6.	أشعر بالإنزعاج	1	2	3	4
7.	أنا قلق في الوقت الحاضر حول الاحداث المحتملة مستقبلا	1	2	3	4
8.	أشعر بالرضا	1	2	3	4
9.	أشعر بالخوف	1	2	3	4
10.	أشعر بأنني مرتاح	1	2	3	4
11.	أشعر بالثقة بالنفس	1	2	3	4
12.	أشعر بأنني عصبي	1	2	3	4
13.	أنا مضطرب	1	2	3	4
14.	أشعر بأنني لا أستطيع اتخاذ قرار	1	2	3	4
15.	أشعر بالإسترخاء	1	2	3	4
16.	أشعر برضا وطمأنينة	1	2	3	4
17.	أنا قلق	1	2	3	4
18.	أشعر بالارتباك	1	2	3	4
19.	أشعر بالثبات	1	2	3	4
20.	أشعر أنني بحالة جيدة	1	2	3	4

## استمارة قياس الضغط النفسي للبالغين (STAI-Y)

### حصر سمات القلق

يرجى قراءة كل عبارة ووضع علامة دائرة على الرقم الذي يشير الى احساسك في هذه اللحظة

مقياس التقييم:

1. لا اطلاقا	2. بعض الشيء	4. بدرجة متوسطة	4. بدرجة كبيرة
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1.	أشعر أنني بخير	1	2	3	4
2.	أشعر أنني عصبي ومتضابق	1	2	3	4
3.	شعر بالارتياح مع نفسي	1	2	3	4
4.	أتمنى أن أكون سعيدا مثل الآخرين	1	2	3	4
5.	أشعر بالاخفاق	1	2	3	4
6.	أشعر بالراحة	1	2	3	4
7.	أنا هادئ ووقور ومسيطر على نفسي	1	2	3	4
8.	أشعر أن الصعوبات تتراكم علي ولا أستطيع التغلب عليها	1	2	3	4
9.	أنا قلق بشدة على بعض الأشياء التي حقيقة غير مهمة	1	2	3	4
10.	أنا سعيد	1	2	3	4
11.	لدي أفكار مزعجة	1	2	3	4
12.	ينقصني الثقة بالنفس	1	2	3	4
13.	أشعر بالأمان	1	2	3	4
14.	أأخذ القرارات بسهولة	1	2	3	4
15.	أشعر أنني غير فعال	1	2	3	4
16.	أنا راض ومطمئن	1	2	3	4
17.	بعض الأفكار غير المهمة تدور في رأسي وتضايقتني	1	2	3	4
18.	أنا أتلقى خيبات الأمل بجدية حيث لأستطيع إبعادها عن ذهني	1	2	3	4
19.	أنا شخص مستقر	1	2	3	4
20.	أصاب بحالة من التوتر والاضطراب عندما أفكر في اهتماماتي ومصالحي الحالية	1	2	3	4

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**State-Trait Anxiety Inventory  
for Adults™  
Instrument and Scoring Key**

**Developed by Charles D. Spielberger**

in collaboration with R.L. Gorsuch, R. Lushene, P.R. Vagg, and G.A. Jacobs

Published by Mind Garden, Inc.

info@mindgarden.com

www.mindgarden.com

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**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.

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 and interests ..... | 1 | 2 | 3 | 4 |

**State-Trait Anxiety Inventory  
for Adults™  
Scoring Key**

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

Published by Mind Garden, Inc.

info@mindgarden.com  
www.mindgarden.com

## 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.

Form Y-1	NOT AT ALL	SOMEWHAT	MODERATELY SO	VERY MUCH SO	Form Y-2	ALMOST NEVER	SOMETIMES	OFTEN	ALMOST ALWAYS
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

**State-Trait Anxiety Inventory  
for Adults™  
(Short Form)**

**Instrument and Scoring Key**

**Developed by Charles D. Spielberger**

in collaboration with R.L. Gorsuch, R. Lushene, P.R. Vagg, and G.A. Jacobs

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**Self-Evaluation Questionnaire**  
**STAIAD Short 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. Use the following scale:

NOT AT ALL – SOMEWHAT – MODERATELY SO – VERY MUCH SO

NOT AT ALL  
SOMEWHAT  
MODERATELY SO  
VERY MUCH SO

- |   |   |   |   |   |
|---|---|---|---|---|
| 1. I feel calm .....                                      | 1 | 2 | 3 | 4 |
| 2. I am tense.....  | 1 | 2 | 3 | 4 |
| 3. I feel at ease.....                                    | 1 | 2 | 3 | 4 |
| 4. I am presently worrying over possible misfortunes..... | 1 | 2 | 3 | 4 |
| 5. I feel frightened.....                                 | 1 | 2 | 3 | 4 |
| 6. I feel nervous.....                                    | 1 | 2 | 3 | 4 |
| 7. I am jittery.....                                      | 1 | 2 | 3 | 4 |
| 8. I am relaxed.....                                      | 1 | 2 | 3 | 4 |
| 9. I am worried.....                                      | 1 | 2 | 3 | 4 |
| 10. I feel steady.....                                    | 1 | 2 | 3 | 4 |

## SELF-EVALUATION QUESTIONNAIRE

### STAIAD Short 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.

Use the following scale:

ALMOST NEVER – SOMETIMES – OFTEN – ALMOST ALWAYS

	ALMOST NEVER	SOMETIMES	OFTEN	ALMOST ALWAYS
11. I feel nervous and restless .....	1	2	3	4
12. I feel satisfied with myself .....	1	2	3	4
13. I wish I could be as happy as others seem to be.....	1	2	3	4
14. I feel like a failure.....	1	2	3	4
15. I worry too much over something that really doesn't matter .....	1	2	3	4
16. I lack self-confidence .....	1	2	3	4
17. I feel secure .....	1	2	3	4
18. I feel inadequate .....	1	2	3	4
19. I am a steady person .....	1	2	3	4
20. I get in a state of tension or turmoil as I think over my recent concerns and interests.....	1	2	3	4

**State-Trait Anxiety Inventory  
for Adults™  
(Short Form)  
Scoring Key**

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

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info@mindgarden.com  
www.mindgarden.com

## State-Trait Anxiety Inventory for Adults Short Form Scoring Key (Short Form Y-1, Short Form 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, line up with the appropriate test side, either Short Form Y-1 or Short 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 State Trait Anxiety Inventory for Adults manual for appropriate normative data.

		<i>NOT AT ALL</i>	<i>SOMEWHAT</i>	<i>MODERATELY SO</i>	<i>VERY MUCH SO</i>
<b>Short Form Y-1</b>					
<b>1. I feel calm .....</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	
2. I am tense .....	1	2	3	4	
<b>3. I feel at ease .....</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	
4. I am presently worrying over possible misfortunes .....	1	2	3	4	
5. I feel frightened .....	1	2	3	4	
6. I feel nervous .....	1	2	3	4	
7. I am jittery .....	1	2	3	4	
<b>8. I am relaxed .....</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	
9. I am worried .....	1	2	3	4	
<b>10. I feel steady .....</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>	

	ALMOST NEVER	SOMETIMES	OFTEN	ALMOST ALWAYS
<b>Short Form Y-2</b>				
11. I feel nervous and restless .....	1	2	3	4
<b>12. I feel satisfied with myself .....</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
13. I wish I could be as happy as others seem to be .....	1	2	3	4
14. I feel like a failure .....	1	2	3	4
15. I worry too much over something that really doesn't matter .....	1	2	3	4
16. I lack self-confidence .....	1	2	3	4
<b>17. I feel secure .....</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
18. I feel inadequate .....	1	2	3	4
<b>19. I am a steady person .....</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
20. I get in a state of tension or turmoil as I think over my recent concerns and interests .....	1	2	3	4

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**Sample Items:**

- I feel at ease
- I feel upset
- I lack self-confidence
- I am a steady person

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