DIRECTIONS: A number of statements which people have used to describe themselves are given below. Read each statement and then use the rating scales above each set of items 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. Work rapidly, but please mark all the words. Your first reaction is best. This should take only a minute or two.

1 = Not At All
2 = Somewhat
3 = Moderately So
4 = Very Much So

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

Adapted from Spielberger, CD (1979). Preliminary manual for the State-Trait Personality Inventory (STPI). Unpublished manuscript.