

<b>Outcome Measure</b>	<b>State Trait Anxiety Inventory – Trait scale (STAI-T)</b>
<b>Sensitivity to Change</b>	Yes
<b>Population</b>	Adult
<b>Domain</b>	Psychological Status
<b>Type of Measure</b>	Self-report scale
<b>ICF-Code/s</b>	b1
<b>Description</b>	<p>The STAI The State-Trait Anxiety Inventory (STAI) is a commonly used measure of trait and state anxiety. It can be used in clinical settings to diagnose anxiety and to distinguish it from depressive syndromes. It also is often used in research as an indicator of caregiver distress.</p> <p>The STAI A-Trait scale consists of 20 statements that ask people to describe how they <i>generally</i> feel. All items are rated on a 4-point scale (e.g., from “Almost Never” to “Almost Always”). The range of scores is 20-80, the higher the score indicating greater anxiety.</p> <p>Completion time for the STAI is approximately 10minutes.</p>
<b>Properties</b>	<p><i>Internal consistency</i> have ranged from .86 to .95.</p> <p><i>Test-retest reliability (ICC)</i> have ranged from .65 to .75 over a 2-month interval.</p> <p><i>Convergent/divergent validity:</i></p> <p>The STAI-state and STAI-trait were found to be positively correlated with the Anxiety Sensitivity Index (Peterson &amp; Reiss, 1987), and positively correlated with the Conjugate Lateral Eye Movements test (De Jong, Merckelbach &amp; Muris, 1990) results.</p> <p>However, another study found that the STAI Trait correlated more highly with DASS-D than with the DASS-A – suggesting that STAI trait may be more closely related to symptoms of depression than anxiety (Gross et al., 2007). This was consistent with criticism from previous studies arguing that STAI does not provide an accurate assessment of anxiety, as distinct from depression (Bieling et al., 1998, Caci et al., 2003).</p>
<b>Advantages</b>	The measure was shown to be sensitive to change in a TBI population following intervention (Ashman et al, 2014). The scale has been adapted into more than 40 different languages including Chinese, French, Italian, Spanish.
<b>Disadvantages</b>	Inability to adequately distinguish among various types of anxiety disorder. Trait scale overlaps with depressive symptoms.
<b>Additional Information</b>	
<b>Reviewers</b>	Jennie Ponsford

## References

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- Bieling, P.J., Antony, M.M., & Swinson, R.P. (1998). The State-Trait Anxiety Inventory, Trait version: structure and content re-examined. *Behaviour Research and Therapy*, 36, 777-788
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- De Jong, P.J., Merckelbach, H. (1990). Eye blink frequency, rehearsals activity and sympathetic arousal. *International Journal of Neuroscience*, 51, 89-94
- Gros, D.F., Antony, M.M., Simms, L.J., & McCabe, R.E. (2007). Psychometric properties of the state-trait inventory for cognitive and somatic anxiety (STICSA): Comparison to the State-Trait Anxiety Inventory (STA). *Psychological Assessment*, 19, 369-381.