

ID _____

Date _____

Interviewer _____

State Trait Questionnaire**Form Y-2**

I am going to read a number of statements which people have used to describe themselves. Please tell me whether you *generally* feel that way. Tell me if you feel that way **Almost never, Sometimes, Often** or **Almost always**. 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.

	<i>Almost never</i>	<i>Sometimes</i>	<i>Often</i>	<i>Almost always</i>
You feel pleasant/nice	4	3	2	1
You feel nervous and restless	1	2	3	4
You feel satisfied with yourself	4	3	2	1
You wish you could be as happy as others seem to be (not money)	1	2	3	4
You feel like a failure	1	2	3	4
You feel rested/not tired	4	3	2	1
You are 'calm and cool, just easy'	4	3	2	1
You feel that difficulties are piling up and you cannot manage	1	2	3	4
You worry too much about little things	1	2	3	4
You are happy	4	3	2	1
You have disturbing thoughts/think about bad things	1	2	3	4
You have little confidence in yourself	1	2	3	4
You feel secure/safe	4	3	2	1
You make decisions easily	4	3	2	1
You feel inadequate	1	2	3	4
You are contented/feel alright	4	3	2	1
Little things run through your mind and bother you	1	2	3	4
You take disappointments so badly that you keep thinking about them	1	2	3	4
You are a steady person, constant not up and down	4	3	2	1
You get tense or worried as you think over your recent problems and interests	1	2	3	4