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Poster Presentation Research

Developing and Obtaining the Reliability and Validity of Eight-Item Short Form of Spielberger Stat-Trait Anxiety Inventory (STAI)

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Abstract

The aim of this study was to develop and obtain the reliability and validity of 8 items short form of Spielberger stat-trait anxiety inventory (STAI) for use in circumstances where the full form is inappropriate. In this study a correlational method is carried out. Using the available sampling, the sample subjects were selected from 161 patients who referred to one of hospitals of Isfahan. In this study item-remainder correlations was used and the most highly correlated anxiety-present and anxiety-absent items were combined and correlated with scores obtained using the full-form of the STAI. Findings of this study show that items 5, 9, 16, 17 ($r>0.80$, $P<0.05$) have significant correlation with total score of trait anxiety and items 4, 8, 15, 17 ($r>0.80$, $P<0.05$) have significant correlation with total score of stat anxiety. Cronbach alpha of 4 item of trait was 0.9 and this rate for 4 item of stat was 0.89. To obtain acceptable validity level of stat and trait anxiety short form was compared with long form. Correlation of two forms was larger than 0.90 that show acceptable validity for short form of STAI. According of these findings the eight-item version offers a briefer and more acceptable scale for subjects who are in immediately sittings such as hospital sittings.

Kaywords: Anxiety, Spielberger Stat-Trait Anxiety Inventory (STAI).

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