

Trait Anxiety Inventory Scoring

Scoring:

Total all scores for the 20 questions, except those that have an “R” after the last word.

These “Reverse” questions are scored by adding the reverse number—a 4 is scored as a 1, a 1 is scored as a 4, a 2 is scored as a 3, and a 3 is scored as a 2.

Add up the Reverse scored questions and add them to the total for the other questions for a total score of

Interpretation:

Total score of: 80 - 60 High Trait Anxiety

60 - 40 Medium Trait Anxiety

40 - 20 Low Trait Anxiety