

## **SUPPLEMENTARY MATERIAL: Cognitive Symptoms link Anxiety and Depression within a validation of the German State-Trait Inventory for Cognitive and Somatic Anxiety (STICSA)**

Rebecca Overmeyer<sup>1\*</sup>, Tanja Endrass<sup>1</sup>

1 Faculty of Psychology, Institute of Clinical Psychology and Psychotherapy, Chair for Addiction Research, Technische Universität Dresden, Dresden, Germany.

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### **Supplement 1 STICSA trait**

#### **I. Additional Information on Methods**

*Measures.* The STICSA (Ree et al., 2008) assesses state and trait anxiety on two different scales, each comprising 21 items. The questionnaire aims to distinctly assess anxiety on the two dimensions of *somatic* and *cognitive* symptoms of anxiety. The original English versions of the STICSA trait as well as the STICSA state each exhibited a 2-factorial structure with factors called *cognitive* (10 items) and *somatic* (11 items). Satisfactory reliability (Grös et al., 2007) has been shown for both scales (STICSA trait *cognitive*: Cronbach's  $\alpha = 0.87$ ; STICSA trait *somatic*: Cronbach's  $\alpha = 0.87$ ; STICSA state *cognitive*: Cronbach's  $\alpha = 0.88$ ; STICSA state *somatic*: Cronbach's  $\alpha = 0.88$ ). The State-Trait Anxiety Inventory (STAI; Laux et al., 1981; Spielberger et al., 1983) is an established set of questionnaires, assessing state as well as trait anxiety on 20 items. Internal consistency has been shown to be satisfactory for both scales with Cronbach's  $\alpha$  between  $\alpha = 0.88$  and  $0.94$  for the trait subscale and between  $\alpha = 0.90$  and  $0.94$  for the state subscale. To validate the trait version of the STICSA within this study, we exclusively used the trait version of the STAI. The Depression Anxiety Stress Scales (DASS-21; Henry & Crawford, 2005; Nilges & Essau, 2015) are an instrument that assesses depression, anxiety and stress within the past week. The short version we used consists of 21 items. All three subscales have been shown to have satisfactory internal consistency (depression subscale:  $\alpha = 0.91$ ; anxiety subscale:  $0.78 < \alpha < 0.82$ ; stress subscale:  $0.81 < \alpha < 0.89$ ). The Beck Depression Inventory II (BDI; Beck et al., 1996; Kühner et al., 2007), consisting of 21 items, was used to assess depressive symptoms. The BDI II has been shown to have satisfactorily high internal consistency (Cronbach's  $\alpha \geq 0.84$ ), to be sensitive to change and to differentiate well between different grades of depression.

*Data analysis.* All analyses were carried out with R (R Core Team, 2018), using the packages *psych*, *readxl*, *tidyr*, *dplyr*, *corpcor*, *polycor*, *GPArotation*, *nFactors*, *RGenData*, *FactoMineR*, *MASS*, *coefficientsalpha*, *psychonetrics*, *lavaan*, *qgraph* and *bootnet* (Bernaards & Jennrich, 2005; Epskamp, 2021; Epskamp et al., 2018; Epskamp et al., 2012; Fletcher, 2010; Fox, 2022; Jackson, 2011; Lê et al., 2008; Martin et al., 2011; Raiche, 2010; Revelle, 2018; Ripley et al., 2013; Rosseel, 2012; Ruscio, 2018; Schafer et al., 2017; Wickham & Bryan, 2022; Wickham et al., 2022; Wickham & Girlich, 2022; Zhang & Yuan, 2020), as well as a KMO function (Trujillo-Ortiz et al., 2006).

## II. Exploratory Factor Analysis, with alternative factor solutions

*Assumptions.* The Kaiser-Meyer-Olkin measure (KMO) verified the sampling adequacy which is classified as 'great' according to Kaiser (1974): KMO = .88. All KMO values for individual items were > .80, which is above the acceptable limit of .60. Bartlett's test of sphericity ( $X^2(210) = 4568, p < .001$ ) indicated that correlations between items were sufficiently large for factor analysis.

**Table 1**

Oblimin rotated standardized loadings (pattern matrix) of five-factor solution based upon polychoric correlation matrix.

	STICSA 1	STICSA 2	STICSA 3	STICSA 4	STICSA 5
Item 1	0.05	0.09	0.29	-0.03	<b>0.40</b>
Item 2	0.02	-0.03	-0.03	0.02	<b>1.00</b>
Item 3	<b>0.45</b>	0.21	0.10	0.24	-0.01
Item 4	0.28	<b>0.38</b>	0.13	-0.04	-0.07
Item 5	0.23	<b>0.26</b>	0.08	0.01	0.12
Item 6	-0.02	0.02	-0.05	<b>0.99</b>	0.05
Item 7	0.07	0.05	0.32	<b>0.59</b>	-0.05
Item 8	0.20	-0.07	<b>0.71</b>	0.18	-0.06
Item 9	0.17	<b>0.71</b>	-0.03	0.10	-0.01
Item 10	<b>0.73</b>	0.16	0.01	0.01	-0.01
Item 11	<b>0.21</b>	-0.03	0.08	0.14	0.03
Item 12	-0.20	0.32	<b>0.41</b>	0.04	0.19
Item 13	-0.01	<b>1.01</b>	-0.01	0.00	-0.01
Item 14	-0.03	0.15	0.24	<b>0.29</b>	0.27
Item 15	0.06	-0.02	<b>0.32</b>	0.13	0.20
Item 16	<b>0.52</b>	0.13	-0.13	0.14	0.11
Item 17	<b>0.74</b>	-0.05	0.03	-0.02	0.12
Item 18	0.18	0.16	0.33	0.12	<b>0.37</b>
Item 19	<b>0.87</b>	0.01	0.02	-0.02	-0.01
Item 20	0.23	0.02	<b>0.29</b>	0.18	0.19
Item 21	-0.09	0.08	<b>0.67</b>	-0.15	0.12

Note. STICSA 1 - 5 = State-Trait Inventory for Cognitive and Somatic Anxiety (Ree et al., 2008) factors.

### III. Network Analysis

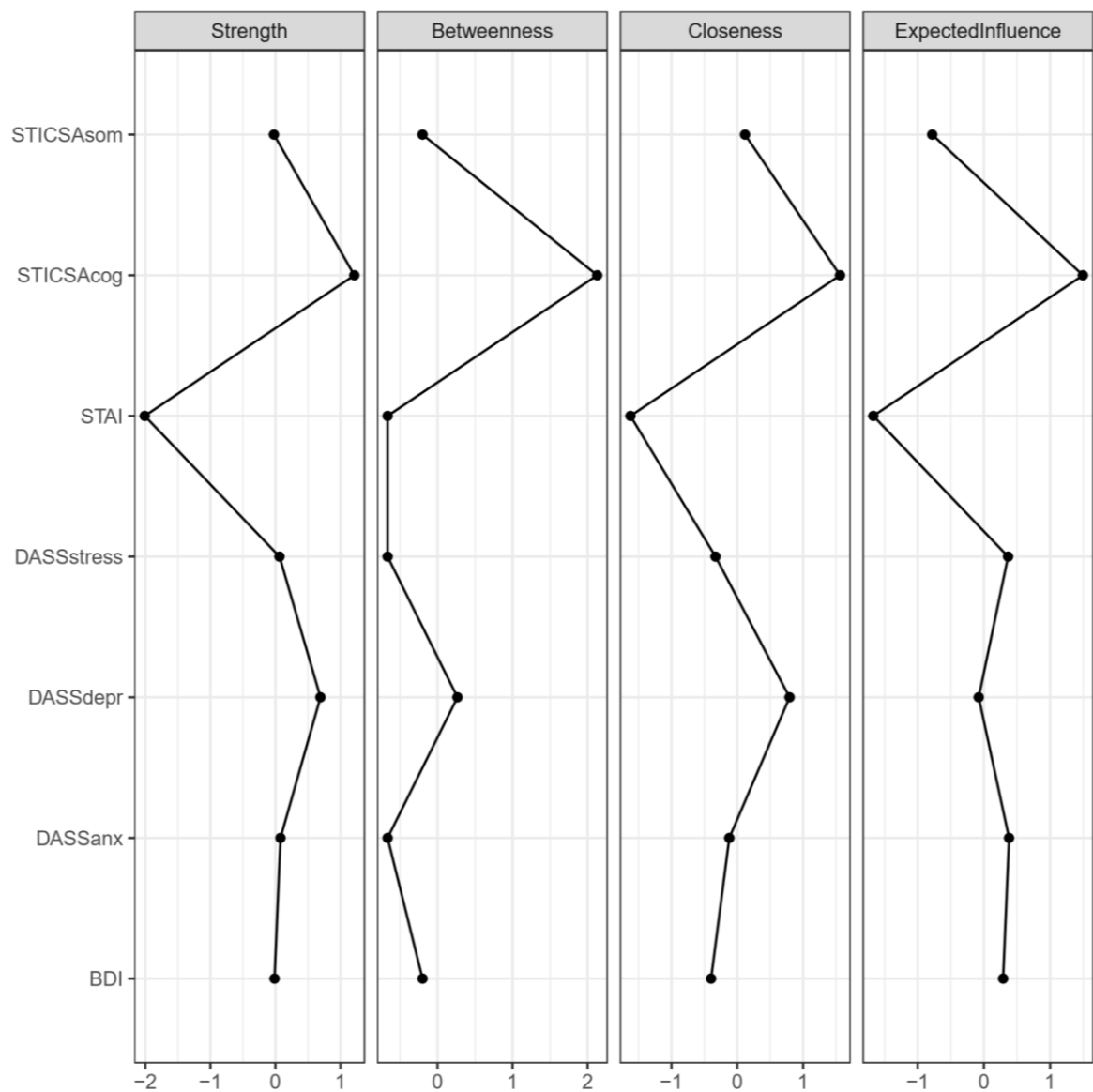
The Analyses were done using a Gaussian Graphical Model with graphical lasso and extended Bayesian information criterion. All analyses were carried out with R (R Core Team, 2018), using the packages qgraph, bootnet and psychometrics (Epskamp, 2021; Epskamp et al., 2018; Epskamp et al., 2012). An alternative model for comparison was estimated using a non-regularized algorithm for network estimation. The estimators chosen for both models reportedly give most confidence interpreting centrality indices in relatively low sample sizes (Isvoranu & Epskamp, 2021).

**Table 2**

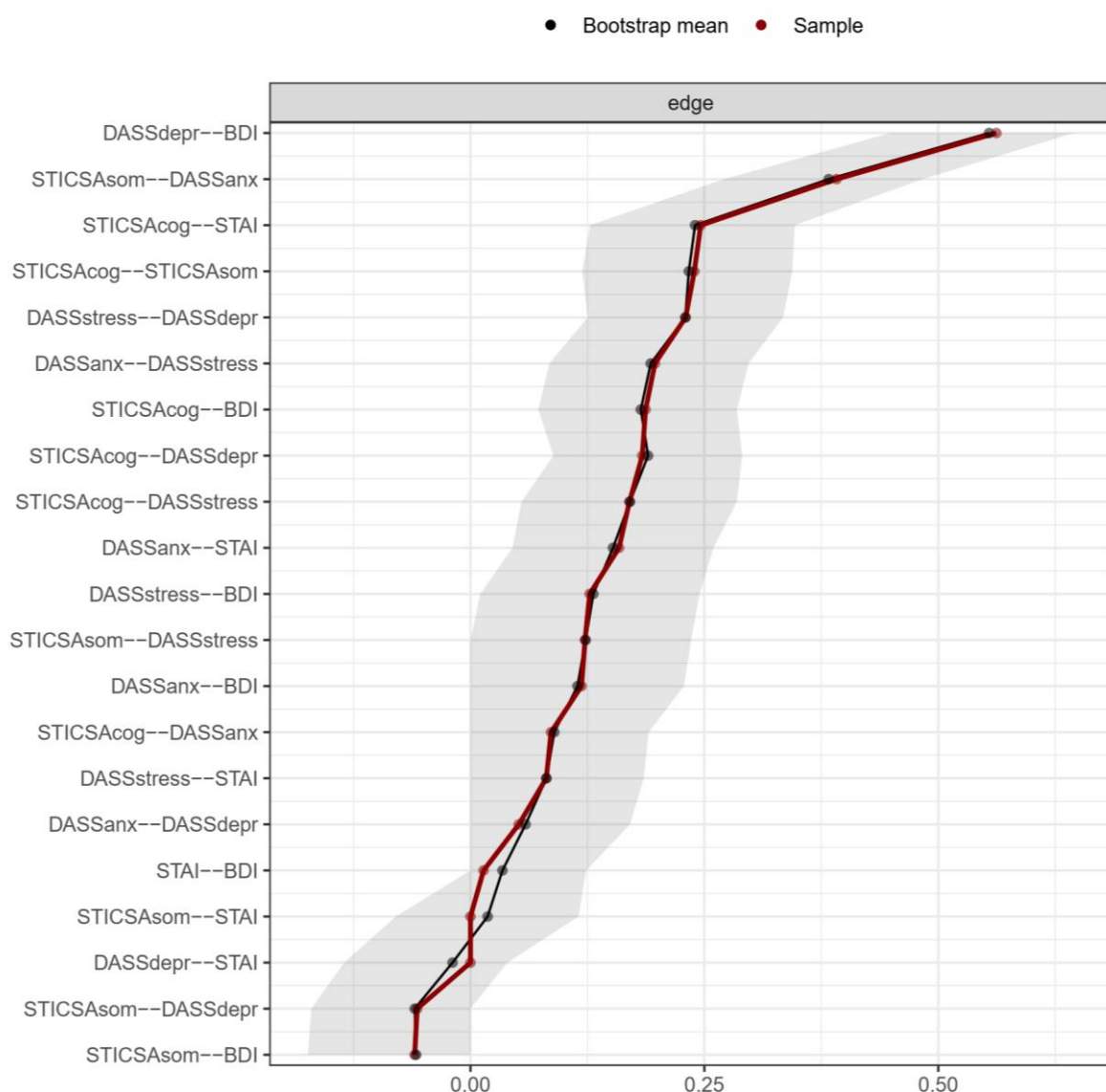
Raw scores of centrality indices of the GGM for both models.

	Model	STICSA cog	STICSA som	STAI	DASS anx	DASS stress	DASS depr	BDI
Node strength	<i>Model 1</i>	1.25	0.92	0.40	0.95	0.94	1.11	0.92
	<i>Model 2</i>	1.19	0.86	0.47	1.09	0.81	1.03	1.14
Closeness	<i>Model 1</i>	0.03	0.03	0.02	0.03	0.02	0.03	0.03
	<i>Model 2</i>	0.04	0.03	0.02	0.03	0.03	0.03	0.03
Betweenness	<i>Model 1</i>	12	2	0	0	0	4	2
	<i>Model 2</i>	10	2	0	4	4	2	4
Expected Influence	<i>Model 1</i>	1.25	0.64	0.40	0.95	0.94	0.83	0.92
	<i>Model 2</i>	1.19	0.61	0.47	1.09	0.81	1.03	0.89

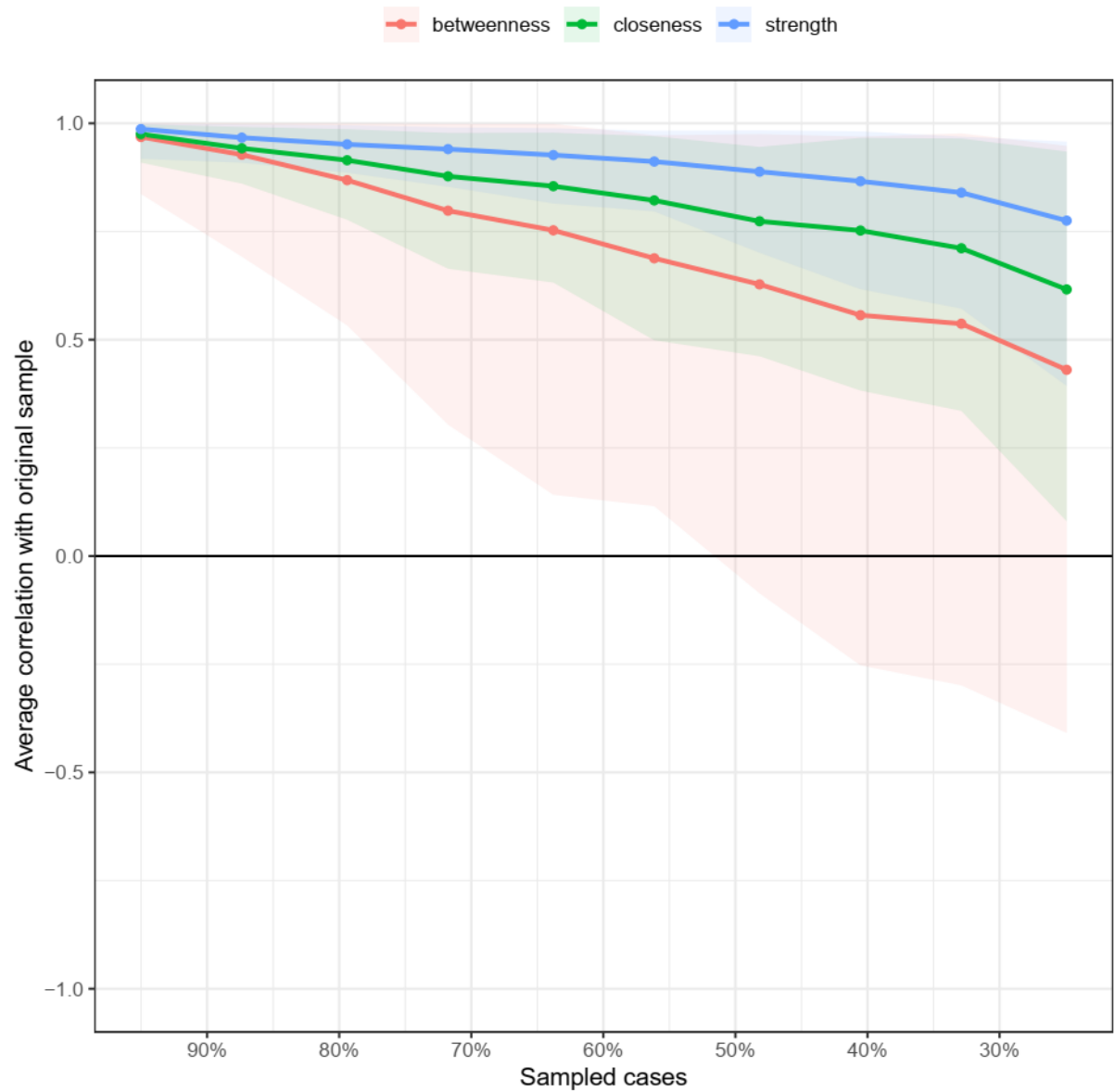
*Note.* STICSAcog = STICSA (Ree et al., 2008) cognitive subscale sum score, STICSAsom = STICSA (Ree et al., 2008) somatic subscale sum score, STAI = State-Trait Anxiety Inventory (STAI, Spielberger, 1981) sum score, DASSanx = Depression Anxiety Stress Scales (DASS-21, Henry & Crawford, 2005) anxiety subscale sum score, DASSstress = Depression Anxiety Stress Scales (DASS-21, Henry & Crawford, 2005) stress subscale sum score, DASSdepr = Depression Anxiety Stress Scales (DASS-21, Henry & Crawford, 2005) depression subscale sum score, BDI = Beck Depression Inventory II (BDI, Beck, Steer, & Brown, 1996) sum score.



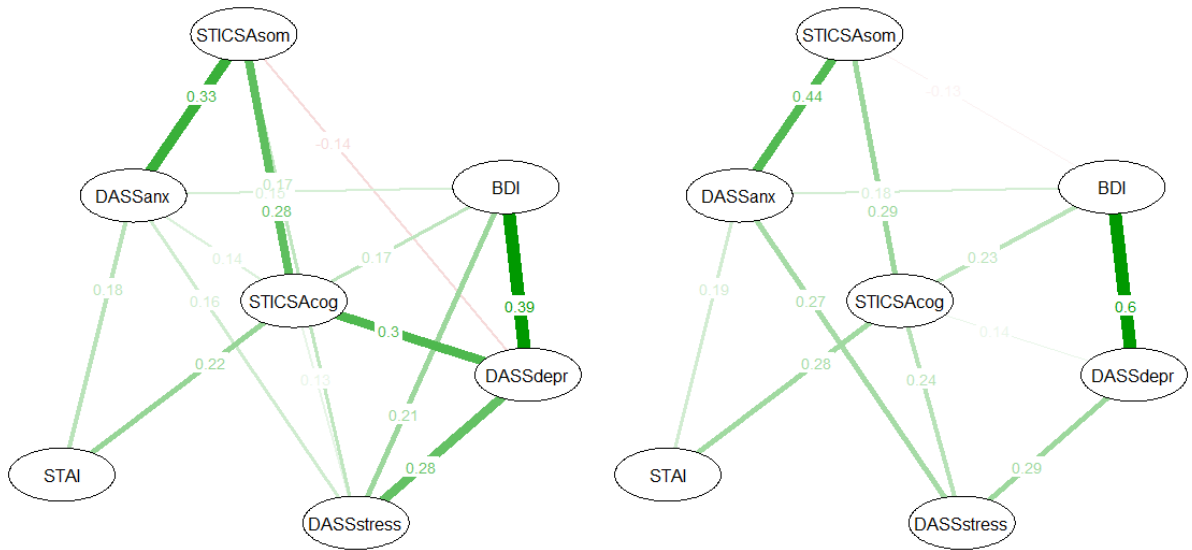
**Figure 1.** The z-standardized centrality coefficient estimates. STICSAcog = STICSA (Ree et al., 2008) cognitive subscale sum score, STICSAasom = STICSA (Ree et al., 2008) somatic subscale sum score, STAI = State-Trait Anxiety Inventory (STAI, Spielberger, 1981) sum score, DASSanx = Depression Anxiety Stress Scales (DASS-21, Henry & Crawford, 2005) anxiety subscale sum score, DASSstress = Depression Anxiety Stress Scales (DASS-21, Henry & Crawford, 2005) stress subscale sum score, DASSdepr = Depression Anxiety Stress Scales (DASS-21, Henry & Crawford, 2005) depression subscale sum score, BDI = Beck Depression Inventory II (BDI, Beck, Steer, & Brown, 1996) sum score.



**Figure 2.** Bootstrapped confidence intervals of estimated edge-weights for the estimated network. The red line indicates the sample values and the gray area the bootstrapped confidence intervals. Each dot represents one edge of the network, ordered from the edge with the highest edge-weight to the edge with the lowest edge-weight. STICSAcog = STICSA (Ree et al., 2008) cognitive subscale sum score, STICSAcog = STICSA (Ree et al., 2008) somatic subscale sum score, STAI = State-Trait Anxiety Inventory (STAI, Spielberger, 1981) sum score, DASSanx = Depression Anxiety Stress Scales (DASS-21, Henry & Crawford, 2005) anxiety subscale sum score, DASSstress = Depression Anxiety Stress Scales (DASS-21, Henry & Crawford, 2005) stress subscale sum score, DASSdepr = Depression Anxiety Stress Scales (DASS-21, Henry & Crawford, 2005) depression subscale sum score, BDI = Beck Depression Inventory II (BDI, Beck, Steer, & Brown, 1996) sum score.



**Figure 3.** The average correlations between centrality indices of bootstrapped networks (sampled with cases dropped) and the original sample. Lines = means of estimated network centrality indices, areas = range from 2.5th quantile to the 97.5th quantile.



**Figure 4.** Between-subject graphical lasso networks. Left is model 1 presented in primary analysis, right is model 2 for comparison of estimation. Nodes represent the examined self-report measures or their respective subscales for depression, stress and anxiety. Edges (connections) can be interpreted as partial correlation coefficients. Red lines represent negative edges, green (solid) lines positive edges. STICSAcog = STICSA (Ree et al., 2008) cognitive subscale sum score, STICSAom = STICSA (Ree et al., 2008) somatic subscale sum score, STAI = State-Trait Anxiety Inventory (STAI, Spielberger, 1981) sum score, DASSanx = Depression Anxiety Stress Scales (DASS-21, Henry & Crawford, 2005) anxiety subscale sum score, DASSstress = Depression Anxiety Stress Scales (DASS-21, Henry & Crawford, 2005) stress subscale sum score, DASSdepr = Depression Anxiety Stress Scales (DASS-21, Henry & Crawford, 2005) depression subscale sum score, BDI = Beck Depression Inventory II (BDI, Beck, Steer, & Brown, 1996) sum score. Note that line thickness is proportional within the models, not between.

## Supplement 2: STICSA state

### I. Additional Information on Methods

*Data analysis.* All analyses were carried out with R (R Core Team, 2018), using the packages psych, readxl, tidyr, dplyr, corpcor, polycor, GPArotation, nFactors, RGenData, FactoMineR, MASS, coefficientalpha, psychonetrics, lavaan, qgraph and bootnet (Bernaards & Jennrich, 2005; Epskamp, 2021; Epskamp et al., 2018; Epskamp et al., 2012; Fletcher, 2010; Fox, 2022; Jackson, 2011; Lê et al., 2008; Martin et al., 2011; Raiche, 2010; Revelle, 2018; Ripley et al., 2013; Rosseel, 2012; Ruscio, 2018; Schafer et al., 2017; Wickham & Bryan, 2022; Wickham et al., 2022; Wickham & Girlich, 2022; Zhang & Yuan, 2020), as well as a KMO function (Trujillo-Ortiz et al., 2006).

### II. Exploratory factor analysis

The Kaiser-Meyer-Olkin measure (KMO) verified the sampling adequacy which is classified as ‘great’ according to Kaiser (1974):  $KMO = .89$ . All KMO values for individual items were  $> .78$ , which is above the acceptable limit of  $.60$ . Bartlett’s test of sphericity ( $X^2(210) = 11256.29, p < .001$ ) indicated that correlations between items were sufficiently large for factor analysis.

An initial analysis was conducted to extract the number of factors to retain. Parallel analysis for component extraction extracted two components, comparison data and minimum average partial procedure extracted 2 factors, acceleration factor extracted one factor, and optimal coordinates extracted six factors. We analyzed the data using six and two factors. Even though the two-factor solution yielded some cross loadings, the six-factor solution yielded even more cross loadings and did not seem to adhere to meaningful constructs (see Table 1 and Table 2). Due to the more convincing results from the two-factor solution, two factors were retained in the analysis. Table 1 displays the factor loadings after rotation. Item clustering replicated the factors from the original STICSA *cognitive* and *somatic* factors. Factors were correlated ( $\phi = 0.55$  [CI 0.43–0.63]). The less clear results regarding the two factors, compared to Grös et al. (2007), might also be due to the inclusion of healthy participants, as Grös et al. (2007) exclusively included individuals with a diagnosis of an anxiety or mood disorder, or due to the small sample size compared to Ree et al. (2008).



**Table 1**

Oblimin rotated standardized loadings (pattern matrix) based upon polychoric correlation matrix.

	STICSA <i>cognitive</i>	STICSA <i>somatic</i>
Item 3	<b>0.90</b>	-0.03
Item 4	<b>0.55</b>	0.25
Item 5	<b>0.44</b>	0.31
Item 9	<b>0.77</b>	0.08
Item 10	<b>0.96</b>	-0.19
Item 13	<b>0.85</b>	0.06
Item 16	<b>0.68</b>	0.08
Item 17	<b>0.75</b>	-0.01
Item 19	<b>0.78</b>	0.04
Item 11	0.25	<b>0.37</b>
Item 1	0.13	<b>0.45</b>
Item 2	-0.04	<b>0.67</b>
Item 6	<b>0.46</b>	0.33
Item 7	0.15	<b>0.67</b>
Item 8	0.11	<b>0.66</b>
Item 12	0.28	<b>0.47</b>
Item 14	-0.12	<b>0.98</b>
Item 15	0.14	<b>0.59</b>
Item 18	0.33	<b>0.49</b>
Item 20	<b>0.58</b>	0.31
Item 21	0.16	<b>0.33</b>

Note. STICSA cognitive and STICSA somatic = State-Trait Inventory for Cognitive and Somatic Anxiety (Ree et al., 2008), cognitive and somatic symptoms subscales.

**Table 2**

Oblimin rotated standardized loadings (pattern matrix) of five-factor solution based upon polychoric correlation matrix.

	STICSA 1	STICSA 2	STICSA 3	STICSA 4	STICSA 5	STICSA 6
Item 1	0.16	-0.08	-0.09	<b>0.36</b>	<b>0.39</b>	0.13
Item 2	-0.01	0.03	0.06	-0.01	<b>0.98</b>	-0.02
Item 3	0.38	<b>0.48</b>	0.04	0.03	-0.01	0.14
Item 4	0.20	0.10	<b>0.32</b>	0.02	0.04	<b>0.40</b>
Item 5	0.25	0.26	<b>0.47</b>	-0.36	0.11	0.15
Item 6	0.26	<b>0.32</b>	0.20	0.13	0.05	-0.02
Item 7	-0.20	0.19	0.40	<b>0.48</b>	-0.04	0.25
Item 8	0.04	0.05	0.03	<b>0.93</b>	0.06	-0.01
Item 9	-0.01	<b>0.96</b>	-0.02	0.04	0.06	0.05
Item 10	<b>0.63</b>	0.26	-0.14	-0.01	0.03	0.17
Item 11	0.21	0.27	<b>0.33</b>	0.18	-0.11	-0.17
Item 12	<b>0.39</b>	-0.06	0.31	0.35	-0.10	0.04
Item 13	0.17	0.38	0.06	0.06	-0.02	<b>0.61</b>
Item 14	-0.06	0.00	<b>0.83</b>	0.11	0.25	-0.01
Item 15	0.26	-0.12	<b>0.54</b>	0.10	-0.03	0.12
Item 16	<b>0.52</b>	-0.01	0.01	0.09	0.12	0.31
Item 17	<b>0.73</b>	-0.08	-0.04	0.06	0.08	0.20
Item 18	<b>0.43</b>	0.06	0.10	0.25	0.32	-0.08
Item 19	<b>0.86</b>	0.11	0.10	-0.01	0.00	-0.09
Item 20	<b>0.33</b>	0.16	0.11	0.22	0.11	0.18
Item 21	0.20	<b>0.30</b>	0.13	0.26	-0.03	-0.33

Note. STICSA 1 - 6 = State-Trait Inventory for Cognitive and Somatic Anxiety (Ree et al., 2008) factors.

### III. Confirmatory Factor Analysis

As a second analysis, we performed a CFA, also on a polychoric correlation matrix. Goodness of Fit for the proposed model was tested via Root Mean Square Error of Approximation ( $RMSEA_{robust} = 0.05$  [CI 0.04 – 0.06]), Tucker Lewis Index of factoring reliability ( $TLI_{robust} = 0.96$ ), values of RMSEA close to 0.06 and TLI close to 0.95 indicate acceptable fit (Hu & Bentler, 1999). Additionally, the RMSEA test of close fit ( $\chi^2 = 256$ ,  $df = 188$ ,  $p = .994$ ) indicates close fit, and the RMSEA test of not-close fit ( $\chi^2 = 256$ ,  $df = 188$ ,  $p < 0.001$ ) indicates the model does not fit poorly (MacCallum et al., 1996; Steiger, 2007). However, the  $\chi^2$  Test ( $\chi^2_{robust} = 326$ ,  $df = 188$ ) however, was significant ( $p_{robust} < 0.001$ ), providing evidence against perfect model fit. The standardized factor loadings ( $\lambda$ ), their corresponding confidence intervals (CI) and standard errors (SE) are presented in Table 2. All factor loading estimates were significant and were of satisfactory magnitude. As expected, the two factors STICSA *cognitive* and *somatic* covaried in CFA ( $cov = 0.37$ ;  $p < .001$ ; [CI 0.26 0.47]; SE = 0.05). For a visualization of the STICSA structure see figure 1.

**Table 3**

Standardized factor loadings ( $\lambda$ ) based on polychoric correlations and estimated using diagonally weighted least squares; CI = confidence interval; SE = standard error; the items with asterisks were fixed to identify the scale of the latent factor; all loadings were significant.

	Item	$\lambda$	CI		SE
STICSA <i>cognitive</i>	3	0.87	0.83 - 0.91		0.02
	4	0.72	0.63 - 0.80		0.04
	5	0.66	0.58 - 0.75		0.04
	9	0.83	0.77 - 0.89		0.03
	10	0.82	0.77 - 0.87		0.03
	11	0.53	0.43 - 0.65		0.06
	13	0.90	0.84 - 0.96		0.03
	16	0.73	0.66 - 0.81		0.04
	17	0.76	0.69 - 0.83		0.04
	19	0.84	0.78 - 0.90		0.03
STICSA <i>somatic</i>	1	0.55	0.42 - 0.69		0.07
	2	0.55	0.42 - 0.67		0.06
	6	0.76	0.65 - 0.87		0.05
	7	0.76	0.66 - 0.86		0.05
	8	0.71	0.58 - 0.84		0.07
	12	0.70	0.56 - 0.84		0.07
	14	0.78	0.67 - 0.89		0.06
	15	0.65	0.53 - 0.78		0.07
	18	0.78	0.65 - 0.91		0.07
	20	0.87	0.78 - 0.95		0.04
	21	0.46	0.29 - 0.62		0.08

Note. STICSA cognitive and STICSA somatic = State-Trait Inventory for Cognitive and Somatic Anxiety, cognitive and somatic symptoms subscales.

### Reliability

McDonald's omega and Cronbach's alpha suggested satisfactory reliability for the STICSA state in general ( $\omega = 0.91$  [CI 0.88 – 0.93];  $\alpha = 0.90$  [CI 0.87 – 0.92]), as well as for the subscales ( $\omega_{cog} = 0.89$  [CI 0.88 – 0.93],  $\omega_{som} = 0.81$  [CI 0.74 – 0.87];  $\alpha_{cog} = 0.88$  [CI 0.86 – 0.91],  $\alpha_{som} = 0.81$  [CI 0.73 – 0.87]).

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### STICSA: Ihr Allgemeiner Gemütszustand

Im Folgenden sind einige Aussagen aufgelistet, die genutzt werden können um zu beschreiben, wie sich Menschen fühlen. Neben jeder Aussage befinden sich vier Zahlen, die angeben, wie oft jede Aussage für Sie zutrifft (z.B. 1\_*Gar nicht*, 4\_*Sehr*).

Lesen Sie jede Aussage sorgfältig durch und markieren Sie, welche Nummer am besten angibt, wie oft diese Aussage im Allgemeinen auf Sie zutrifft.

1	2	3	4
Gar nicht	Etwas	Mäßig	Sehr

1. Mein Herz schlägt schnell.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
2. Meine Muskeln sind angespannt.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
3. Ich fühle mich durch meine Probleme gequält.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
4. Ich denke, dass andere mich nicht akzeptieren.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
5. Ich habe das Gefühl, Dinge zu verpassen, weil ich mich nicht schnell genug entscheiden kann.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
6. Ich fühle mich benommen.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
7. Ich habe ein Schwächegefühl in den Muskeln.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
8. Ich fühle mich zittrig und wackelig.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
9. Ich stelle mir zukünftiges Unglück vor.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
10. Ich bekomme manche Gedanken nicht aus meinem Kopf.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
11. Ich habe Probleme, mich an Dinge zu erinnern.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
12. Mein Gesicht fühlt sich heiß an.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
13. Ich denke, dass das Schlimmste passieren wird.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
14. Meine Arme und Beine fühlen sich steif an.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
15. Meine Kehle fühlt sich trocken an.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
16. Ich halte mich selbst beschäftigt, um unangenehme Gedanken zu vermeiden.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
17. Ich kann mich nicht konzentrieren, ohne dass sich unwichtige Gedanken aufdrängen.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
18. Mein Atem ist schnell und flach.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
19. Ich mache mir Sorgen, dass ich meine Gedanken nicht so gut kontrollieren kann wie ich es möchte.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
20. Ich habe ein flaues Gefühl im Magen.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
21. Meine Hände fühlen sich feucht an.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

### STICSA: Ihr Aktueller Gemütszustand

Im Folgenden sind einige Aussagen aufgelistet, die genutzt werden können um zu beschreiben, wie sich Menschen fühlen. Neben jeder Aussage befinden sich vier Zahlen, die angeben, wie oft jede Aussage für Sie zutrifft (z.B. 1\_Gar nicht, 4\_Sehr).

Lesen Sie jede Aussage sorgfältig durch und markieren Sie, welche Nummer am besten angibt, wie Sie sich gerade, in diesem Moment, fühlen.

1	2	3	4
Gar nicht	Etwas	Mäßig	Sehr

1. Mein Herz schlägt schnell.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
2. Meine Muskeln sind angespannt.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
3. Ich fühle mich durch meine Probleme gequält.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
4. Ich denke, dass andere mich nicht akzeptieren.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
5. Ich habe das Gefühl, Dinge zu verpassen, weil ich mich nicht schnell genug entscheiden kann.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
6. Ich fühle mich benommen.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
7. Ich habe ein Schwächegefühl in den Muskeln.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
8. Ich fühle mich zittrig und wackelig.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
9. Ich stelle mir zukünftiges Unglück vor.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
10. Ich bekomme manche Gedanken nicht aus meinem Kopf.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
11. Ich habe Probleme, mich an Dinge zu erinnern.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
12. Mein Gesicht fühlt sich heiß an.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
13. Ich denke, dass das Schlimmste passieren wird.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
14. Meine Arme und Beine fühlen sich steif an.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
15. Meine Kehle fühlt sich trocken an.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
16. Ich halte mich selbst beschäftigt, um unangenehme Gedanken zu vermeiden.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
17. Ich kann mich nicht konzentrieren, ohne dass sich unwichtige Gedanken aufdrängen.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
18. Mein Atem ist schnell und flach.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
19. Ich mache mir Sorgen, dass ich meine Gedanken nicht so gut kontrollieren kann wie ich es möchte.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
20. Ich habe ein flaues Gefühl im Magen.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
21. Meine Hände fühlen sich feucht an.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4