

Translation and Adaptation of State Trait Anxiety Inventory (STAI-Y) in Urdu

Rukhsana Kausar*, Ph.D

Department of Applied Psychology, University of the Punjab, Lahore,
Pakistan

Nashi Khan, Ph.D

Centre for Clinical Psychology, University of the Punjab, Lahore,
Pakistan

Faiza Rasool

Department of Applied Psychology, University of the Punjab, Lahore,
Pakistan

Shazia Yusuf

Alumni Fatima Jinnah University, Rawalpindi, Pakistan
and

Charles D. Spielberger, Ph.D

Center for Research in Behavioral Medicine and Health Psychology,
Department of Psychology PCD 4118G University of South Florida

The present study aimed to translate and adapt State Trait Anxiety Inventory (STAI (Spielberger, Gorsuch, & Lushene, 1970) in Urdu. STAI was translated using the MAPI (MAPI Research Institute) guidelines (Beaton, Bombardier, Guillemin, & Ferraz, 2000). Two studies were conducted to examine psychometric characteristics of Urdu STAI. In the first study, internal consistency, test-retest reliability and validity of Urdu- STAI was estimated. Sixty six bilingual postgraduate students (male = 16 and female = 50) from different departments of University of the Punjab, Lahore, Pakistan constituted the sample. Urdu and English versions of STAI were completed by the participants twice. No significant differences in English and Urdu mean scores of A-State and A-Trait, and high positive correlation in scores for English and Urdu versions were found. Cronbach's alpha coefficients revealed high internal consistency of A-State and A-Trait for both administrations respectively. In the second study, Urdu STAI was administered on 466 postgraduate students (males = 281 and females = 185) from University of the Punjab, Lahore, Pakistan. Factor analysis of Urdu version revealed two subscales for A-Trait and A-State each i.e. "Anxiety Present" and "Anxiety Absent". The resultant scales showed high internal consistency. The result

showed that the mean score on A-State and A-Trait, of male students are slightly higher than female students but no significant gender differences in STAI scores were found. Translation and adaptation of STAI into Urdu has very important implications for clinicians and researchers with Pakistani population both at home and abroad.

Keywords: State anxiety, trait anxiety, internal consistency, validity