

Poster presentation

## Reliability and psychometric properties of the Greek translation of the state-trait anxiety inventory form Y: preliminary data

KN Fountoulakis\*, M Papadopoulou, S Kleanthous, A Papadopoulou, V Bizeli, G Agori, I Nimatoudis, A Iacovides and GS Kaprinis

Address: 3rd Department of Psychiatry, Aristotle University of Thessaloniki, Greece

\* Corresponding author

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### Background

The State-Trait Anxiety Inventory form Y is a brief self-rating scale for the assessment of state and trait anxiety. The aim of the current preliminary study was to assess the psychometric properties of its Greek translation.

### Material and Methods

121 controls  $27.22 \pm 10.61$  years old, and 22 anxiety-depressed patients  $29.48 \pm 9.28$  years old entered the study. In 20 of them the instrument was re-applied 1–2 days later. Translation and Back Translation was made. The clinical diagnosis was reached with the SCAN v 2.0 and the IPDE. The Symptoms Rating Scale for Depression and Anxiety (SRSDA) and the EPQ were applied for cross-validation purposes. The Statistical Analysis included the Pearson Correlation Coefficient and the calculation of Cronbach's alpha ( $\alpha$ )

### Results

The State score for controls was  $24.95 \pm 11.36$  and the Trait score was  $27.88 \pm 11.43$ . The respected scores for depressed subjects were  $44.91 \pm 9.18$  and  $43.50 \pm 9.99$ . Both State and Trait scores followed the normal distribution in control subjects. Cronbach's alpha was 0.19 for the State and 0.39 for the Trait subscale. The Pearson Correlation Coefficient between State and Trait subscales was 0.79. Both subscales correlated fairly with the anxiety subscale of the SRSDA. Test-retest reliability was excellent, with Pearson coefficient being between 0.77 and 0.98 for individual items and equal to 0.96 for State and 0.98 for Trait.

### Discussion

The current study provided preliminary evidence concerning the reliability and the validity of the Greek translation of the STAI-form Y. Its properties are generally similar to those reported in the international literature, but further research is necessary.