

Appendix 1

Sample items of the State-Trait Operation Anxiety (STOA)

STOA-State

Item 1: I feel tense

Item 6: I am nervous

The ten items of the STOA-State are rated on a 4-point scale: 'Not at all', 'A little', 'Somewhat' and 'A lot'.

STOA-Trait

In general, when I think about operations and anesthesia, I worry that...

Item 6: I will suffer like some of the other patients you see

Item 10: I don't know what it will be like when I wake up from the anesthesia

Item 12: My physical state will worsen after the operation

Item 20: While under anesthesia, I am at the mercy of the doctors and have no control over myself

The 20 items of the STOA-trait are rated on a 4-point scale: 'Almost never', 'Sometimes', 'Often' and 'Almost always'.

STOA-S and STOA-T: © Prof. H.W. Krohne, Department of Psychology, Johannes Gutenberg-University Mainz