**Sinha’s Comprehensive Anxiety test**

**PRACTICAL 2**

**TITLE: Sinha’s Comprehensive Anxiety Test (SCAT)**

**Aim:** To assess the level of anxiety of the subject by using Sinha`s Comprehensive Anxiety Test by AKP Sinha and LNK Sinha.

###### Basic Concepts

Anxiety is a vague, objectless fear or an uneasy feeling. It is an apprehensive feeling which is typically accompanied by a variety of psychological factors, including increase in heart rate, drying up of mouth, muscular tension and rapid breathing.

###### Three kinds of anxiety

1. **State anxiety** – It describes the experience of unpleasant feelings when confronted with specific situations, demands or a particular object or event. It arises when the person makes a mental assessment of some type of threat. When the object or situation that is perceived as threatening goes away, the person no longer experiences anxiety. Thus, it’s a temporary condition in response to some perceived threat
2. **Trait Anxiety** – It arises in response to a perceived threat but it differs in its intensity, duration and the range of situations in which it occurs. It refers to the difference between people in terms of their tendency to experience state anxiety in response to the anticipation of a threat. People with a high level of trait anxiety experience more intense degrees of state anxiety to specific situations than most people do not and experience anxiety toward a broader range of situations or objects than most people.
3. **Somatic anxiety**– It is the physical symptoms of anxiety, such as butterflies in the stomach. It is commonly contrasted with cognitive anxiety, which is the mental manifestations of anxiety or the specific thought processes that occur during anxiety, such as concern or worry.

Anxiety is observed to manifest itself in the following ways:

* Health
* Ambition
* Social relationships
* Future
* Family

There are a number of approaches to study anxiety. Psychodynamic approach, Karen Horney`s Basic anxiety and behavioural approach.

###### Psychodynamic Approach

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* Freud was one of the persons who emphasized on the study of anxiety. He believed that neurotic anxiety was the result of a conflict between the id, ego and super ego.
* The id consists of all biological/primitive impressions based on pleasure principle.
* The ego takes into account the external reality in the shape of instinctive sexual and aggressive urges and the morality related to it. Ego bridges the gap between id and the super ego. Anxiety in this theory is an unpleasant feeling of tension or worry that is experienced by the person.
* Super ego is based on moral principle and focuses on the right/wrong as per the society.

###### Karen Horney`s Basic Anxiety

* She was one of the few women psychologists in the early psychoanalytic movement and disagreed with Freud strongly over his views on differences between men and women.
* According to her, basic anxiety could result from a variety of things including direct or indirect domination, indifference, erratic behavior, lack of respect for the child`s individual needs, hostile atmosphere at home and so on.

###### Behavioural Approach

* This approach believes in ways in which anxiety becomes associated with observation and learning by modelling.

###### History and description

SCAT is developed by AKP Sinha and LNK Sinha in 1995. The test consists of 90 items which are to be answered in five categories on the basis of score obtained on the extremely high anxiety to extremely low anxiety.

###### Preliminaries

Name:

Age:

Gender:

Qualification:

Place of conduction: Psychology Lab Time:

###### Materials Required

SCAT manual, SCAT questionnaire form, pen/pencil

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###### Precautions

1. Optimal conditions for testing were ensured before the test begun
2. Time of start and finish were noted
3. The tester should ensure that the subject is not familiar with the test.
4. Subject should be told that there is no correct answer.
5. Subject should not skip any item
6. Subject should be assured of confidentiality of test results.

###### Rapport Formation

Rapport was established between the subject and the tester, prior to the test so that he/she could feel comfortable and at ease. In such a state, she/he should answer the questions in a calm manner and any doubts should be cleared before starting the test.

###### Instructions

The following instructions were given:

* In each item there are two options, `yes` or `no`
* Don’t leave any question and try to complete as soon as possible.
* There are no right or wrong answers
* Give the first natural answer as it comes to you. When in doubt, give the best possible answer.
* Read the questions carefully and put a `x` for whichever option suits you the best.
* There is no time limit for this test.

###### Administration

After the instructions were given, the subject was asked to fill in the demographic details. The subject was asked to check whether he/she left any items unanswered.

###### Introspective Report

The test was quite insightful and fun to do. The tester made me feel at ease. [You can write the introspective report given by your subject] **Behavioural report**

The subject was calm while answering the questions. He/she did not take a long time in completing the test.

###### Scoring

Scoring can be done by hand, for any response indicated `yes` score will be 1 and 0 for `no`. The sum of all positive responses would be the total score of the subject.

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| **Pages** | **2** | **3** | **4** | **Total** |
| **Raw Score** |  |  |  |  |

###### Interpretation

The aim of administering SCAT was to assess the level of anxiety of the subject. My subject scored a total of which means he/she has anxiety.

Conclusion

Raw score of my subject is therefore he/she has anxiety. References

1. SCAT manual
2. NCERT textbook, Psychology







