

Nome:
Data:

Questionário de Auto-Avaliação (STA1 Forma Y-1)
Forma adaptada por Danilo R. Silva e Sofia Comela

Instruções

Em baixo encontra uma série de frases que as pessoas costumam usar para se descreverem a si próprias. Leia cada uma delas e faça uma cruz (X) no número da direita que indique como se sente agora, isto é, nesto preciso momento. Não há respostas certas nem erradas. Não leve muito tempo com cada frase, mas dê a resposta que melhor parece descrever os seus sentimentos nesto momento.

		0	1	2	3	4
1. Sinto-me calmo.		X				
2. Sinto-me seguro.		X	X			
3. Estou tenso.		X				
4. Sinto-me esgotado.		X				
5. Sinto-me à vontade.		X				
6. Sinto-me perturbado.		X				
7. Presentemente ando preocupado com desgraças que possam vir a acontecer.		X				
8. Sinto-me satisfeito.		X				
9. Sinto-me assustado.		X				
10. Estou descansado.		X				
11. Sinto-me confiante.		X				
12. Sinto-me nervoso.		X				
13. Estou inquieto.		X				
14. Sinto-me indeciso.		X				
15. Estou descontraído.		X				
16. Sinto-me contente.		X				
17. Estou preocupado.		X				
18. Sinto-me confuso.		X				
19. Sinto-me uma pessoa estável.		X				
20. Sinto-me bem.		X				

Stai T Questionnaire

Charles Donald Spielberger

Stai T Questionnaire:

STAI Manual for the Stait-Trait Anxiety Inventory ("self-evaluation Questionnaire"). Charles Donald Spielberger,1970

STAI Manual for the State-trait Anxiety Inventory ("Self-evaluation Questionnaire") Charles Donald

Spielberger, Richard L. Gorsuch, Robert E. Lushene, 1970 **The Pain Clinic II** Ph Scherpereel, Jacques Meynadier, Serge Blond, 1987-12 This second Pain Clinic Symposium provided an international forum at which pain clinicians discussed the progress in the field of chronic pain treatment. These proceedings contain the invited lectures on the clinical approach of the patient with chronic pain new trends in pharmacological pain treatment and techniques in chronic pain relief. Also included are papers from the round table sessions pain in the child cancer pain psychological aspects of pain headache and migraine epidural opiates patient controlled analgesia PCA and new trends in pain relief by non steroid anti inflammatory agents

Cognitive Control of Emotions in Challenging Contexts, 2nd edition Nils Kohn, Carmen Morawetz, Jiajin

Yuan, Mathias Weymar, Florin Dolcos, 2021-12-13 Publisher's note In this 2nd edition the following article has been updated
Kohn N Morawetz C Weymar M Yuan J and Dolcos F 2021 Editorial Cognitive Control of Emotions in Challenging Contexts
Front Behav Neurosci 15 785875 doi 10.3389/fnbeh.2021.785875 New Methodological, Intervention and Neuroscientific Perspectives in Sports Psychology, volume II Antonio Hernández-Mendo, Jose María Carames Tejedor, M. Teresa

Anguera, Verónica Morales-Sánchez, 2025-06-26 This Research Topic is the second volume of the Research Topic New Methodological Intervention and Neuroscientific Perspectives in Sports Psychology. Please see the first volume here. Within the discipline of sport psychology considerable work involves the development implementation and evaluation of interventions to improve the world of sport. The importance of theory as a basis for such intervention efforts has been strongly emphasized. In recent years research has shown that there are three factors on which to base future developments: methodological innovations e.g. Mixed Methods new intervention approaches e.g. Empowering/Disempowering Climates and advances in neuroscience e.g. inhibitory circuits. Regarding methodological innovations the importance of mixed methods in this field is highlighted by their profound significance. Indeed procedural innovations with direct and indirect observational data has allowed the observational methodology to be considered as a mixed method in itself. This approach has been implemented in recent years in many publications relating to various sports. Other methodological advances involve the evolution of structural equation analysis. For example the increasing use of invariance analysis, mediation analysis, PLS software which allows non normal samples, multilevel analysis, generalizability analysis and the graphical evolution of data with programs such as Neo4j. *Complementary and Alternative Therapies for Sleep Disorders: From Bench to Bedside*
Guanhu Yang, Qinhong Zhang, Jinhuan Yue, Guo-qing Zheng, Brenda Golianu, 2024-11-12 Sleep disorders encompass a range of conditions that can significantly impact overall health, safety, and quality of life. Symptoms of sleep disorders include excessive daytime sleepiness, irregular breathing or movements during sleep, disrupted sleep, and difficulty falling asleep. If

these conditions are not promptly and effectively treated patients often experience various physical and mental complications such as psychiatric disorders cardiovascular disease stroke type 2 diabetes and obesity leading to a decreased overall quality of life Complementary and alternative therapy CAT presents a potential approach for the prevention and treatment of sleep disorders It encompasses a range of management practices including cognitive behavioral therapy exercise mindfulness meditation transcranial magnetic stimulation yoga herbal medicine acupuncture acupressure Gua Sha moxibustion Qigong Tai Chi acupoint catgut embedding acupotomy nutritional supplements and vitamin supplements However the adoption of CAT for sleep disorders in clinical practice faces numerous challenges due to a limited understanding of their mechanisms and clinical effects

The State-trait Anxiety Inventory (S T A I) Charles Donald Spielberger,1968

Metacognitive Therapy: Science and Practice of a Paradigm Adrian Wells,Lora Capobianco,Gerald Matthews,Hans M.

Nordahl,2020-12-21 This eBook is a collection of articles from a Frontiers Research Topic Frontiers Research Topics are very popular trademarks of the Frontiers Journals Series they are collections of at least ten articles all centered on a particular subject With their unique mix of varied contributions from Original Research to Review Articles Frontiers Research Topics unify the most influential researchers the latest key findings and historical advances in a hot research area Find out more on how to host your own Frontiers Research Topic or contribute to one as an author by contacting the Frontiers Editorial Office frontiersin.org about contact

Coronavirus Disease (COVID-19): Pathophysiology, Epidemiology, Clinical Management and Public Health Response (volume I.C) Zisis Kozlakidis,Denise L.Doolan,Shen-Ying Zhang,Yasuko Tsunetsugu Yokota,Tatsuo Shioda,Rukhsana Ahmed,Mohan Jyoti Dutta,Ata Murat Kaynar,Michael Kogut,Hannah Bradby,Slobodan Paessler,Alex Rodriguez-Palacios,Alexis M. Kalergis,Longxiang Su,Abdallah Samy,Zhongheng Zhang,2023-04-25 Volume I C An outbreak of a respiratory disease first reported in Wuhan China in December 2019 and the causative agent was discovered in January 2020 to be a novel betacoronavirus of the same subgenus as SARS CoV and named severe acute respiratory syndrome coronavirus 2 SARS CoV 2 Coronavirus disease 2019 COVID 19 has rapidly disseminated worldwide with clinical

manifestations ranging from mild respiratory symptoms to severe pneumonia and a fatality rate estimated around 2% Person to person transmission is occurring both in the community and healthcare settings The World Health Organization WHO has recently declared the COVID 19 epidemic a public health emergency of international concern The ongoing outbreak presents many clinical and public health management challenges due to limited understanding of viral pathogenesis risk factors for infection natural history of disease including clinical presentation and outcomes prognostic factors for severe illness period of infectivity modes and extent of virus inter human transmission as well as effective preventive measures and public health response and containment interventions There are no antiviral treatment nor vaccine available but fast track research and development efforts including clinical therapeutic trials are ongoing across the world Managing this serious epidemic requires the appropriate deployment of limited human resources across all cadres of health care and public health staff

including clinical laboratory managerial and epidemiological data analysis and risk assessment experts It presents challenges around public communication and messaging around risk with the potential for misinformation and disinformation Therefore integrated operational research and intervention learning from experiences across different fields and settings should contribute towards better understanding and managing COVID 19 This Research Topic aims to highlight interdisciplinary research approaches deployed during the COVID 19 epidemic addressing knowledge gaps and generating evidence for its improved management and control It will incorporate critical theoretically informed and empirically grounded original research contributions using diverse approaches experimental observational and intervention studies conceptual framing expert opinions and reviews from across the world The Research Topic proposes a multi dimensional approach to improving the management of COVID 19 with scientific contributions from all areas of virology immunology clinical microbiology epidemiology therapeutics communications as well as infection prevention and public health risk assessment and management studies

Extinction Learning from a Mechanistic and Systems Perspective

Denise Manahan-Vaughan,Onur Gunturkun,Oliver T. Wolf,2016-08-08 Throughout their lifetime animals learn to associate stimuli with their consequences Following memory acquisition and consolidation circumstances may arise that necessitate that initially learned behaviour is no longer relevant The ensuing process is called extinction learning and involves a novel and complex learning procedure that involves a large number of neural entities While the neural fundaments of the initial acquisition are well studied our understanding of the behavioural and neural basis of extinction is still limited and derives mostly from rodent data acquired through fear conditioning paradigms Fear conditioning and extinction in rodents is a spectacularly successful paradigm within behavioral neuroscience However in recent years new approaches have been emerging that examine the mechanisms of extinction learning in different setting that also involve appetitive models a broader comparative perspective a focus on other brain systems an examination of hormonal factors and conditioning of immune responses Only a broader analysis of the neural fundaments of extinction learning will finally uncover shared and distinct mechanisms that underlie extinction learning in different functional systems The papers compiled in this Research Topic offer new and valuable insights into the mechanisms and functional implementation of extinction learning at its different levels of complexity and form the basis for new concepts and research ideas in this field

Bone Inside-Out and

Outside-In Signals: Control of Body Homeostasis Lilian Irene Plotkin,Uma Sankar,Arancha R. Gortazar,Deborah

Veis,Lucas R. Brun,2023-02-06 State Trait Anxiety Inventory Charles Donald Spielberger,Richard L. Gorsuch,Robert E. Lushene,1970 Personality Nonprojective Self evaluation questionnaire

Computers in Human Behavior ,1991 New Zealand Journal of Psychology ,2007 Research Quarterly for Exercise and Sport ,1994 Sport and Psychosocial

Health/Well-being After the COVID-19 Lockdown Amy Chan Hyung Kim,James Du,Rochelle Eime,2022-05-10 Computers in Human Behavior Volume 7, Number 1/2, 1991 ,1991 Advances in Test Anxiety Research ,1984

Comprehensive Handbook of Psychological Assessment: Personality assessment Michel Hersen,2004 In one volume the leading researchers in industrial organizational assessment interpret the range of issues related to industrial organizational tests including test development and psychometrics clinical applications ethical and legal concerns use with diverse populations computerization and the latest research Clinicians and researchers who use these instruments will find this volume invaluable as it contains the most comprehensive and up to date information available on this important aspect of practice **Alexander Men** Yves Hamant,2004 Assembled in a photo album format this book offers an abundance of details about the life of Alexander Menn a Russian priest who was murdered in Moscow in 1990 Personally responsible for a wondrous resurgence of faith and good works during the 1970s and 1980s Fr Menn drew hundreds of people to his lectures and sermons 100 photos

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