Gorsuch, and Luchene (1970) designed the State-Trait Anxiety Inventory (STAI), which correlated with Taylor's Manifest Anxiety Scale, the IPAT Anxiety Scale, and the Multiple Affect Adjective Checklist. The STAI was developed as a self-report scale to measure state and trait anxiety (Spielberger et al., 1970). Feelings of apprehension, tension, nervousness, and worry in a specific situation are evaluated by the state anxiety scale. The trait anxiety scale measures anxiety as a constant personality trait. The STAI requires subjects to indicate how they felt at a particular moment in time and has proven to be a logical and valid instrument.

Computer Anxiety

Powers et al. (1973) defined computer anxiety as changes on four established physiological measures: systolic blood pressure, diastolic blood pressure, heart rate, and electrodemal response. Most researchers reported that in many individuals computer anxiety was lessened by exposure to computers (Powers et al., 1973), verifying the condition as a state rather than a trait. Weinberg (1980) defined computer anxiety "as a highly anxious response toward interaction or anticipated interaction with electronic data processing systems."

Raub (1981) described computer anxiety as the reaction experienced by an individual who perceived the computer to be threatening. Raub, upon consideration of Spielberger's theory, believed that people who are A-trait would exhibit A-state reactions when exposed to computers. According to Raub, the perception people have on the impact of computers in society can possibly cause anxiety. People who have a positive opinion on the use of computers will suffer less anxiety than those who have a negative view.