Epstein emphasized that the threatening feelings an individual may experience "may only be perceived, and not necessarily be reality based" (p. 303).

Moursund (1976) described the four elements of anxiety as "uncertainty (what will happen, when will it happen, what can be done about it), helplessness (inability to interpret or give meaning to a situation or readiness to respond with no right response), future orientation, and symbolism (symbols that gave meaning and stability no longer are in reality)" (p. 276).

Cattell and Scheier (1961) suggested the conceptual distinctions between anxiety as a transitory emotional state and as a seemingly constant personality trait.

Spielberger (1966) suggested that it is important to consider anxiety in two distinct forms: transitory state and personality trait. The transitory state of anxiety is often manifested by events that the individual perceives to be dangerous or threatening. Trait anxiety, while not evidenced in behavior, may "reflect the frequency and intensity of state anxiety" (p. 16). Spielberger (1972) introduced the idea of anxiety as process, which means the sequence of cognitive, affective, and behavioral responses that occur as a reaction to stress. According to Spielberger, anxiety could be described as an "unpleasant emotional state, characterized by subjective feelings of tension, apprehension, and worry, and by the activation or arousal of the autonomic nervous system" (1972, p. 482).

Howard (1986) used Spielberger's concept of two different types of anxiety and developed subtypes: (a) rational or irrational (neurotic) and (b) permanent (trait) or transitory (state). State anxiety is considered temporary or situational and can be changed based on the situation. Trait anxiety is dependent upon the individual's personality. Howard wrote that whether the perception is received subconsciously or