



Ansiedad clínica: Instrumentos de auto-reporte más usados en población adultas [

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text (article)

Analítica

Anxiety is a multicomponent construct that involves personal adjustment dimensions (physical, cognitive and behavioral) and psychosocial (occupational, emotional, social), at different levels of adaptation. In adult population, it requires specific evaluation processes as well as to offer a more accurate support for promotion and prevention programs to be developed. The objective of this theoretical review was to provide a description most commonly used self-report instruments in the clinical setting, highlighting its main psychometric properties in their original versions and adaptations into Spanish. The highlighted instruments were STAI, ISRA, FNE, SAD, LSAS, SIAS, and two other relevant ones, the ADIS-IV and MCMI-II, although with different qualities and diagnostic evaluation formats, are noted for their recognized empirical support. This paper concludes among others with the need to solve the anxiety formats faults and the creation of evaluation processes. Also a few self-reports are recommended

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