

**MASQ-SHORT**

Below is a list of feelings, sensations, problems, and experiences that people sometimes have. Read each item and then mark the appropriate choice in the space next to that item. Use the choice that best describes how much you have felt or experienced things this way during the past week, including today. Use this scale when answering:

1 very slightly or not at all	2 a little	3 moderately	4 quite a bit	5 extremely
_____ 1. Felt sad			_____ 32. Was unable to relax	
_____ 2. Startled easily			_____ 33. Felt really slowed down	
_____ 3. Felt cheerful			_____ 34. Was disappointed in myself	
_____ 4. Felt afraid			_____ 35. Felt nauseous	
_____ 5. Felt discouraged			_____ 36. Felt hopeless	
_____ 6. Hands were shaky			_____ 37. Felt dizzy or lightheaded	
_____ 7. Felt optimistic			_____ 38. Felt sluggish or tired	
_____ 8. Had diarrhea			_____ 39. Felt really "up" or lively	
_____ 9. Felt worthless			_____ 40. Had a pain in my chest	
_____ 10. Felt really happy			_____ 41. Felt really bored	
_____ 11. Felt nervous			_____ 42. Felt like I was choking	
_____ 12. Felt depressed			_____ 43. Looked forward to things with enjoyment	
_____ 13. Was short of breath			_____ 44. Muscles twitched or trembled	
_____ 14. Felt uneasy			_____ 45. Felt pessimistic about the future	
_____ 15. Was proud of myself			_____ 46. Had a very dry mouth	
_____ 16. Had a lump in my throat			_____ 47. Felt like I had a lot of interesting things to do	
_____ 17. Felt faint			_____ 48. Was afraid I was going to die	
_____ 18. Felt unattractive			_____ 49. Felt like had accomplished a lot	
_____ 19. Had hot or cold spells			_____ 50. Felt like it took an extra effort to get started	
_____ 20. Had an upset stomach			_____ 51. Felt like nothing was very enjoyable	
_____ 21. Felt like a failure			_____ 52. Heart was racing or pounding	
_____ 22. Felt like I was having a lot of fun			_____ 53. Felt like I had a lot to look forward to	
_____ 23. Blamed myself for a lot of things			_____ 54. Felt numbness or tingling in my body	
_____ 24. Hands were cold or sweaty			_____ 55. Felt tense or "high-strung"	
_____ 25. Felt withdrawn from other people			_____ 56. Felt hopeful about the future	
_____ 26. Felt keyed up, "on edge"			_____ 57. Felt like there wasn't anything interesting or fun to do	
_____ 27. Felt like I had a lot of energy			_____ 58. Seemed to move quickly and easily	
_____ 28. Was trembling or shaking			_____ 59. Muscles were tense or sore	
_____ 29. Felt inferior to others			_____ 60. Felt really good about myself	
_____ 30. Had trouble swallowing			_____ 61. Thought about death or suicide	
_____ 31. Felt like crying			_____ 62. Had to urinate frequently	