

Sub ID: \_\_\_\_\_

# WSWS

Please answer the following questions based on how you have felt or what you have noticed over the last 24 hours. Answer based on how you have felt in general during this time.

	Strongly Disagree	Disagree	Feel Neutral	Agree	Strongly Agree
1. Food is not particularly appealing to me.	0	1	2	3	4
2. I am getting restful sleep.	0	1	2	3	4
3. I have been tense or anxious.	0	1	2	3	4
4. My level of concentration is excellent.	0	1	2	3	4
5. I awaken from sleep frequently during the night.	0	1	2	3	4
6. I have felt impatient.	0	1	2	3	4
7. I have felt upbeat and optimistic.	0	1	2	3	4
8. I have found myself worrying about my problems.	0	1	2	3	4
9. I have had frequent urges to smoke.	0	1	2	3	4
10. I have felt calm lately.	0	1	2	3	4
11. I have been bothered by the desire to smoke a cigarette.	0	1	2	3	4
12. I have felt sad or depressed.	0	1	2	3	4
13. I have been irritable, easily angered.	0	1	2	3	4
14. I want to nibble on snacks or sweets.	0	1	2	3	4
15. I have been bothered by negative moods such as anger, frustration, and irritability.	0	1	2	3	4
16. I have been eating a lot.	0	1	2	3	4
17. I am satisfied with my sleep.	0	1	2	3	4
18. I have felt frustrated.	0	1	2	3	4
19. I have felt hopeless or discouraged.	0	1	2	3	4
20. I have thought about smoking a lot.	0	1	2	3	4
21. I have felt hungry.	0	1	2	3	4
22. I feel that I am getting enough sleep.	0	1	2	3	4
23. It is hard to pay attention to things.	0	1	2	3	4
24. I have felt happy and content.	0	1	2	3	4
25. My sleep has been troubled.	0	1	2	3	4
26. I have trouble getting cigarettes off my mind.	0	1	2	3	4
27. It has been difficult to think clearly.	0	1	2	3	4
28. I think about food a lot.	0	1	2	3	4