

Brief Mood Introspection Scale

Select the response on the scale below that indicates how well each adjective or phrase describes your present mood.

	Definitely Do Not Feel	Do Not Feel	Slightly Feel	Definitely Feel
1) Lively	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2) Happy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3) Sad	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4) Tired	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5) Caring	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6) Content	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7) Gloomy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8) Jittery	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9) Drowsy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10) Grouchy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11) Peppy	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12) Nervous	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13) Calm	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14) Loving	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15) Fed up	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16) Active	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

17) Overall, my mood is:

Very Unpleasant Very Pleasant

(Place a mark on the scale above)