

Brief Mood Introspection Scale

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

	XX (Definitely Do Not Feel)	X (Do Not Feel)	V (Slightly Feel)	VV (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)