Likert Scale for Frequency of Various Moods

Using the scale below, where 1 = All of the time and 5 = Never, please tell me,

in the past month, how often did you feel…

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Item | 1 = All of the time | 2 = Most of the time | 3 = Some of the time | 4 = Rarely | 5 = Never |
| …Depressed? | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | |
| …Anxious? | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | |
| …Satisfied? | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | |
| …Happy? | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | |
| …Hopeless? | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | | |  | | --- | |  | |