Next, you are asked to provide a continuous rating of your **current** mood.

Mood can be described as having two dimensions: 'valence' and 'arousal'. Valence signifies whether a mood is pleasant (positive) or unpleasant (negative). Arousal refers to the degree of energy or dynamism that is associated with the mood.

Using the following application, you can indicate your current mood by dragging the ball to any position on the screen. Drag the ball further up the screen to represent higher arousal, and further to the right to represent more positive valence, and vice versa.

While the music is playing, you can drag the ball around in real-time, to reflect any changes in your mood, however small.

