

## Mood and Anxiety Symptom Questionnaire - Short form (MASQ-SHORT FORM, MASQ)

Guidance: The feelings, problems, and experiences listed below are something that everyone may have. Read each of the following statements carefully, and then circle the answer that best suits you based on how well you feel about these descriptions in the past week (including today).

| Content   | No | A little | Moderate | Partiality | Serious |
|---|----|----------|----------|------------|---------|
| 1. Feel sad                                       | 1  | 2        | 3        | 4          | 5       |
| 2. Easily surprised                               | 1  | 2        | 3        | 4          | 5       |
| 3. Feel happy                                     | 1  | 2        | 3        | 4          | 5       |
| 4. Feel scared                                    | 1  | 2        | 3        | 4          | 5       |
| 5. Feel loss of self-confidence                   | 1  | 2        | 3        | 4          | 5       |
| 6. Shaking hands                                  | 1  | 2        | 3        | 4          | 5       |
| 7. Feel optimistic                                | 1  | 2        | 3        | 4          | 5       |
| 8. Diarrhea                                       | 1  | 2        | 3        | 4          | 5       |
| 9. Feel worthless                                 | 1  | 2        | 3        | 4          | 5       |
| 10. Feel really happy                             | 1  | 2        | 3        | 4          | 5       |
| 11. Feel nervous                                  | 1  | 2        | 3        | 4          | 5       |
| 12. Feel depressed                                | 1  | 2        | 3        | 4          | 5       |
| 13. Shortness of breath                           | 1  | 2        | 3        | 4          | 5       |
| 14. Feel anxious                                  | 1  | 2        | 3        | 4          | 5       |
| 15. Proud of yourself                             | 1  | 2        | 3        | 4          | 5       |
| 16. An obstruction in the throat                  | 1  | 2        | 3        | 4          | 5       |
| 17. Feel weak                                     | 1  | 2        | 3        | 4          | 5       |
| 18. Feel unattractive                             | 1  | 2        | 3        | 4          | 5       |
| 19. Hot and cold                                  | 1  | 2        | 3        | 4          | 5       |
| 20. Upset stomach                                 | 1  | 2        | 3        | 4          | 5       |
| 21. Feel like a loser                             | 1  | 2        | 3        | 4          | 5       |
| 22. I feel I have a lot of fun                    | 1  | 2        | 3        | 4          | 5       |
| 23. I feel guilty for many things                 | 1  | 2        | 3        | 4          | 5       |
| 24. Cold or sweaty hands                          | 1  | 2        | 3        | 4          | 5       |
| 25. Feel unwilling to contact people              | 1  | 2        | 3        | 4          | 5       |
| 26. Feel nervous to the point of<br>breaking down | 1  | 2        | 3        | 4          | 5       |
| 27. Feel energetic                                | 1  | 2        | 3        | 4          | 5       |



| Content   | No | A little | Moderate | Partiality | Serious |
|---|----|----------|----------|------------|---------|
| 28. Shivering or shaking                                      | 1  | 2        | 3        | 4          | 5       |
| 29. Low self-esteem   | 1  | 2        | 3        | 4          | 5       |
| 30. Difficulty swallowing                                     | 1  | 2        | 3        | 4          | 5       |
| 31. Want to cry   | 1  | 2        | 3        | 4          | 5       |
| 32. Can't relax   | 1  | 2        | 3        | 4          | 5       |
| 33. Feel slow   | 1  | 2        | 3        | 4          | 5       |
| 34. Very disappointed in myself                               | 1  | 2        | 3        | 4          | 5       |
| 35. Feel uneasy   | 1  | 2        | 3        | 4          | 5       |
| 36. Feel hopeless   | 1  | 2        | 3        | 4          | 5       |
| 37. Feel dizzy or lightheaded                                 | 1  | 2        | 3        | 4          | 5       |
| 38. Feel slow or tired  | 1  | 2        | 3        | 4          | 5       |
| 39. Feel good and full of energy                              | 1  | 2        | 3        | 4          | 5       |
| 40. Chest pain  | 1  | 2        | 3        | 4          | 5       |
| 41. Feel idle   | 1  | 2        | 3        | 4          | 5       |
| 42. Feel suffocated   | 1  | 2        | 3        | 4          | 5       |
| 43. Looking forward to happy things                           | 1  | 2        | 3        | 4          | 5       |
| 44. Muscle twitching or tremor                                | 1  | 2        | 3        | 4          | 5       |
| 45. Pessimistic about the future                              | 1  | 2        | 3        | 4          | 5       |
| 46. Dry mouth   | 1  | 2        | 3        | 4          | 5       |
| 47. Feel that there are many things to do                     | 1  | 2        | 3        | 4          | 5       |
| 48. Afraid of dying   | 1  | 2        | 3        | 4          | 5       |
| 49. Feel that I have accomplished many things                 | 1  | 2        | 3        | 4          | 5       |
| 50. Feel that it takes a lot of effort to start something     | 1  | 2        | 3        | 4          | 5       |
| 51. Feel that nothing is pleasant                             | 1  | 2        | 3        | 4          | 5       |
| 52. Rapid heartbeat   | 1  | 2        | 3        | 4          | 5       |
| 53. I feel I have a lot of expectations                       | 1  | 2        | 3        | 4          | 5       |
| 54. Have body numbness or tingling                            | 1  | 2        | 3        | 4          | 5       |
| 55. Feel very nervous or excited                              | 1  | 2        | 3        | 4          | 5       |
| 56. Hopeful for the future                                    | 1  | 2        | 3        | 4          | 5       |
| 57. Feel that there is nothing interesting or enjoyable to do | 1  | 2        | 3        | 4          | 5       |
| 58. Sensitive and free movement                               | 1  | 2        | 3        | 4          | 5       |
| 59. Muscle tension or soreness                                | 1  | 2        | 3        | 4          | 5       |



| Content                          | No | A little | Moderate | Partiality | Serious |
|----------------------------------|----|----------|----------|------------|---------|
| 60. Feel good about myself       | 1  | 2        | 3        | 4          | 5       |
| 61. Thinking of death or suicide | 1  | 2        | 3        | 4          | 5       |
| 62. Frequent urination           | 1  | 2        | 3        | 4          | 5       |

