

Item	Item meaning
1	I feel relaxed
2	I feel gloomy
3	I feel energetic
4	I feel anxious
5	I feel enthusiastic
6	I feel nervous
7	I feel content
8	I feel irritable
9	I feel calm
10	I feel dull
11	I feel cheerful
12	I feel tired
13	I feel valued
14	I feel lonely
15	I feel I fall short
16	I feel confident
17	I worry a lot
18	I am easily distracted
19	I feel my life is worth living
20	I am unbalanced
21	I am in the here and now
22	My appetite is..
23	Since the last measurement I had a laugh