Social Security # \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MASQ--Short Form**

Below is a list of feelings, sensations, problems, and experiences that people sometimes have. Read each item and then mark the appropriate choice in the space next to that item. Use the choice that best describes how much you have felt or experienced things this way during the past week, including today. Use this scale when answering:

1 2 3 4 5

not at all a little bit moderately quite a bit extremely

\_\_\_\_\_\_ 1. Felt sad \_\_\_\_\_\_ 22. Felt like I was having a lot of fun

\_\_\_\_\_\_ 2. Startled easily \_\_\_\_\_\_ 23. Blamed myself for a lot of things

\_\_\_\_\_\_ 3. Felt cheerful \_\_\_\_\_\_ 24. Hands were cold or sweaty

\_\_\_\_\_\_ 4. Felt afraid \_\_\_\_\_\_ 25. Felt withdrawn from other people

\_\_\_\_\_\_ 5. Felt discouraged \_\_\_\_\_\_ 26. Felt keyed up, "on edge"

\_\_\_\_\_\_ 6. Hands were shaky \_\_\_\_\_\_ 27. Felt like I had a lot of energy

\_\_\_\_\_\_ 7. Felt optimistic \_\_\_\_\_\_ 28. Was trembling or shaking

\_\_\_\_\_\_ 8. Had diarrhea \_\_\_\_\_\_ 29. Felt inferior to others

\_\_\_\_\_\_ 9. Felt worthless \_\_\_\_\_\_ 30. Had trouble swallowing

\_\_\_\_\_\_ 10. Felt really happy \_\_\_\_\_\_ 31. Felt like crying

\_\_\_\_\_\_ 11. Felt nervous \_\_\_\_\_\_ 32. Was unable to relax

\_\_\_\_\_\_ 12. Felt depressed \_\_\_\_\_\_ 33. Felt really slowed down

\_\_\_\_\_\_ 13. Was short of breath \_\_\_\_\_\_ 34. Was disappointed in myself

\_\_\_\_\_\_ 14. Felt uneasy \_\_\_\_\_\_ 35. Felt nauseous

\_\_\_\_\_\_ 15. Was proud of myself \_\_\_\_\_\_ 36. Felt hopeless

\_\_\_\_\_\_ 16. Had a lump in my throat \_\_\_\_\_\_ 37. Felt dizzy or lightheaded

\_\_\_\_\_\_ 17. Felt faint \_\_\_\_\_\_ 38. Felt sluggish or tired

\_\_\_\_\_\_ 18. Felt unattractive \_\_\_\_\_\_ 39. Felt really "up" or lively

\_\_\_\_\_\_ 19. Had hot or cold spells \_\_\_\_\_\_ 40. Had pain in my chest

\_\_\_\_\_\_ 20. Had an upset stomach \_\_\_\_\_\_ 41. Felt really bored

\_\_\_\_\_\_ 21. Felt like a failure \_\_\_\_\_\_ 42. Felt like I was choking

**MASQ--Short Form (cont.)**

1 2 3 4 5

not at all a little bit moderately quite a bit extremely

\_\_\_\_\_\_ 43. Looked forward to things with enjoyment

\_\_\_\_\_\_ 44. Muscles twitched or trembled

\_\_\_\_\_\_ 45. Felt pessimistic about the future

\_\_\_\_\_\_ 46. Had a very dry mouth

\_\_\_\_\_\_ 47. Felt like I had a lot of interesting things to do

\_\_\_\_\_\_ 48. Was afraid I was going to die

\_\_\_\_\_\_ 49. Felt like I had accomplished a lot

\_\_\_\_\_\_ 50. Felt like it took extra effort to get started

\_\_\_\_\_\_ 51. Felt like nothing was very enjoyable

\_\_\_\_\_\_ 52. Heart was racing or pounding

\_\_\_\_\_\_ 53. Felt like I had a lot to look forward to

\_\_\_\_\_\_ 54. Felt numbness or tingling in my body

\_\_\_\_\_\_ 55. Felt tense or "high-strung"

\_\_\_\_\_\_ 56. Felt hopeful about the future

\_\_\_\_\_\_ 57. Felt like there wasn't anything interesting or fun to do

\_\_\_\_\_\_ 58. Seemed to move quickly and easily

\_\_\_\_\_\_ 59. Muscles were tense or sore

\_\_\_\_\_\_ 60. Felt really good about myself

\_\_\_\_\_\_ 61. Thought about death or suicide

\_\_\_\_\_\_ 62. Had to urinate frequently