Mood States this Week: Part A

Instructions: Below is a list of words that <u>describes feelings people have</u>. We would like to know to what degree each word <u>describes how you have been feeling during the past week</u>.

1. How <u>attentive</u> have you felt this week?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

2. How <u>distressed</u> have you felt this week?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

3. How <u>proud</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

4. How <u>nervous</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

5. How <u>sad</u> have you felt this week?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

6. How <u>active</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

7. How <u>friendly</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

8. How <u>angry</u> have you felt this week?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

9. How <u>dissatisfied with yourself</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

10. How <u>tired</u> have you felt this week?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

11. How <u>healthy</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

12. How <u>calm</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

13. How <u>guilty</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

14. How <u>scared</u> have you felt this week?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

15. How <u>happy</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

Mood States this Week: Part B

Instructions: Below is a list of words that <u>describes feelings people have</u>. We would like to know to what degree each word <u>describes how you have been feeling during the past week</u>.

1. How emotionally <u>strong</u> have you felt this week?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

2. How <u>confident</u> have you felt this week?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

3. How <u>angry at yourself</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

4. How <u>upset</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

5. How <u>alert</u> have you felt this week?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

6. How <u>irritated</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

7. How <u>depressed</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

8. How <u>enthusiastic</u> have you felt this week?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

9. How <u>sleepy</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

10. How <u>warmhearted</u> have you felt this week?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

11. How <u>excited</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

12. How <u>hostile</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

13. How <u>shaky</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

14. How <u>determined</u> have you felt this week?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely

15. How <u>content</u>?
__0 = Not at all   __1 = A little   __2 = Moderately   __3 = Quite a bit   __ 4 = Extremely