Mood States this Week: Part A

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

1. How attentive have you felt this week?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

2. How distressed have you felt this week?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

3. How proud?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

4. How nervous?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

5. How sad have you felt this week?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

6. How active?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

7. How friendly?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

8. How angry have you felt this week?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

9. How dissatisfied with yourself?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

10. How tired have you felt this week?
    __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

11. How healthy?
    __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

12. How calm?
    __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

13. How guilty?
    __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

14. How scared have you felt this week?
    __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

15. How happy?
    __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 describes feelings people have. We would like to know to what degree each word describes how you have been feeling during the past week.

1. How emotionally strong have you felt this week?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

2. How confident have you felt this week?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

3. How angry at yourself?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

4. How upset?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

5. How alert have you felt this week?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

6. How irritated?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

7. How depressed?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

8. How enthusiastic have you felt this week?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

9. How sleepy?
   __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

10. How warmhearted have you felt this week?
    __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

11. How excited?
    __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

12. How hostile?
    __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

13. How shaky?
    __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

14. How determined have you felt this week?
    __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely

15. How content?
    __0 = Not at all  __1 = A little  __2 = Moderately  __3 = Quite a bit  __4 = Extremely