

How Have You Felt During the Past 24 Hours?

For each adjective below, circle the number that best indicates how accurately that adjective describes how you have felt during the past 24 hours. Choose from the following alternatives:

0 = Not at All Accurate

1 = A little Accurate

2 = Moderately Accurate

3 = Quite a Bit Accurate

4 = Extremely Accurate

Sluggish	0	1	2	3	4	Hostile	0	1	2	3	4
Untalkative	0	1	2	3	4	On Edge	0	1	2	3	4
Anxious	0	1	2	3	4	Generous	0	1	2	3	4
Innovative	0	1	2	3	4	Sad	0	1	2	3	4
Introspective	0	1	2	3	4	Organized	0	1	2	3	4
Thorough	0	1	2	3	4	Bashful	0	1	2	3	4
Kind	0	1	2	3	4	Unintellectual	0	1	2	3	4
Lively	0	1	2	3	4	Careless	0	1	2	3	4
Touchy	0	1	2	3	4	Shy	0	1	2	3	4
Uncreative	0	1	2	3	4	Happy	0	1	2	3	4
Nervous	0	1	2	3	4	Introverted	0	1	2	3	4
Inhibited	0	1	2	3	4	Resentful	0	1	2	3	4

For each adjective below, circle the number that best indicates how accurately that adjective describes how you have felt during the past 24 hours. Choose from the following alternatives:

0 = Not at All Accurate

1 = A little Accurate

2 = Moderately Accurate

3 = Quite a Bit Accurate

4 = Extremely Accurate

Tense	0	1	2	3	4	Philosophical	0	1	2	3	4
Unimaginative	0	1	2	3	4	Cold	0	1	2	3	4
Talkative	0	1	2	3	4	Pleased	0	1	2	3	4
Uninformed	0	1	2	3	4	Full of pep	0	1	2	3	4
Efficient	0	1	2	3	4	Tired	0	1	2	3	4
Rude	0	1	2	3	4	Neat	0	1	2	3	4
Sleepy	0	1	2	3	4	Extraverted	0	1	2	3	4
Cooperative	0	1	2	3	4	Impractical	0	1	2	3	4
Timid	0	1	2	3	4	Creative	0	1	2	3	4
Intellectual	0	1	2	3	4	Unkind	0	1	2	3	4
Angry	0	1	2	3	4	Pleasant	0	1	2	3	4
Fatigued	0	1	2	3	4	Imaginative	0	1	2	3	4
Relaxed	0	1	2	3	4	Inefficient	0	1	2	3	4
Unsympathetic	0	1	2	3	4	Disorganized	0	1	2	3	4
Unsystematic	0	1	2	3	4	Sympathetic	0	1	2	3	4
Intense	0	1	2	3	4	Enthusiastic	0	1	2	3	4

For each adjective below, circle the number that best indicates how accurately that adjective describes how you have felt during the past 24 hours. Choose from the following alternatives:

0 = Not at All
Accurate

1 = A little
Accurate

2 = Moderately
Accurate

3 = Quite a Bit
Accurate

4 = Extremely
Accurate

Cheerful	0	1	2	3	4	Energetic	0	1	2	3	4
Harsh	0	1	2	3	4	Unenvious	0	1	2	3	4
Quiet	0	1	2	3	4	Systematic	0	1	2	3	4
Depressed	0	1	2	3	4	Unhappy	0	1	2	3	4
Irritable	0	1	2	3	4	Contented	0	1	2	3	4
Vigorous	0	1	2	3	4	Comfortable	0	1	2	3	4
Uneasy	0	1	2	3	4	Worried	0	1	2	3	4
Distressed	0	1	2	3	4	Uptight	0	1	2	3	4
Drowsy	0	1	2	3	4	Alert	0	1	2	3	4
Bothered	0	1	2	3	4	Aroused	0	1	2	3	4
Active	0	1	2	3	4	Calm	0	1	2	3	4
Passive	0	1	2	3	4	Worn Out	0	1	2	3	4
Fearful	0	1	2	3	4	Stimulated	0	1	2	3	4
Bored	0	1	2	3	4	Warm-hearted	0	1	2	3	4
Inactive	0	1	2	3	4	Blue	0	1	2	3	4
At Ease	0	1	2	3	4	Peppy	0	1	2	3	4