

Questionnaire

Please answer every item on the questionnaire, even if you're not completely sure of your answer.

MOOD SURVEY

Listed below are several mood descriptions and a scale to grade these descriptions. Please indicate on the ANSWER SHEET how much of each mood you are feeling RIGHT NOW.

1. ANXIOUS

A) Not at all B) Very little C) Some D) Much E) Very much

2. CONTENT

A) Not at all B) Very little C) Some D) Much E) Very much

3. DISTRESSED

A) Not at all B) Very little C) Some D) Much E) Very much

4. GROUCHY

A) Not at all B) Very little C) Some D) Much E) Very much

5. DROWSY

A) Not at all B) Very little C) Some D) Much E) Very much

6. CHEERFUL

A) Not at all B) Very little C) Some D) Much E) Very much

7. CALM

A) Not at all B) Very little C) Some D) Much E) Very much

8. INTENSE

A) Not at all B) Very little C) Some D) Much E) Very much

9. IDLE

A) Not at all B) Very little C) Some D) Much E) Very much

10. DULL

A) Not at all B) Very little C) Some D) Much E) Very much

11. JITTERY

A) Not at all B) Very little C) Some D) Much E) Very much

12. ELATED

A) Not at all B) Very little C) Some D) Much E) Very much

13. STIMULATED

A) Not at all B) Very little C) Some D) Much E) Very much

14. STILL

A) Not at all B) Very little C) Some D) Much E) Very much

15. GLAD

A) Not at all B) Very little C) Some D) Much E) Very much

16. FEARFUL

A) Not at all B) Very little C) Some D) Much E) Very much

17. ENTHUSIASTIC

A) Not at all B) Very little C) Some D) Much E) Very much

18. NERVOUS

A) Not at all B) Very little C) Some D) Much E) Very much

19. EXCITED

A) Not at all B) Very little C) Some D) Much E) Very much

20. UNHAPPY

A) Not at all B) Very little C) Some D) Much E) Very much

21. WARMHEARTED

A) Not at all B) Very little C) Some D) Much E) Very much

22. QUIET

A) Not at all B) Very little C) Some D) Much E) Very much

23. SAD

A) Not at all B) Very little C) Some D) Much E) Very much

24. AROUSED

A) Not at all B) Very little C) Some D) Much E) Very much

25. EUPHORIC

A) Not at all B) Very little C) Some D) Much E) Very much

26. TRANQUIL

A) Not at all B) Very little C) Some D) Much E) Very much

27. GLOOMY
A) Not at all B) Very little C) Some D) Much E) Very much
28. SURPRISED
A) Not at all B) Very little C) Some D) Much E) Very much
29. PEPPY
A) Not at all B) Very little C) Some D) Much E) Very much
30. RELAXED
A) Not at all B) Very little C) Some D) Much E) Very much
31. SLUGGISH
A) Not at all B) Very little C) Some D) Much E) Very much
32. ANNOYED
A) Not at all B) Very little C) Some D) Much E) Very much
33. HAPPY
A) Not at all B) Very little C) Some D) Much E) Very much
34. BORED
A) Not at all B) Very little C) Some D) Much E) Very much
35. BLUE
A) Not at all B) Very little C) Some D) Much E) Very much
36. PLEASED
A) Not at all B) Very little C) Some D) Much E) Very much
37. SERENE
A) Not at all B) Very little C) Some D) Much E) Very much
38. ASTONISHED
A) Not at all B) Very little C) Some D) Much E) Very much
39. AT REST
A) Not at all B) Very little C) Some D) Much E) Very much
40. DELIGHTED
A) Not at all B) Very little C) Some D) Much E) Very much

41. INACTIVE

A) Not at all B) Very little C) Some D) Much E) Very much

42. MISERABLE

A) Not at all B) Very little C) Some D) Much E) Very much

43. TIRED

A) Not at all B) Very little C) Some D) Much E) Very much

44. LIVELY

A) Not at all B) Very little C) Some D) Much E) Very much

45. AT EASE

A) Not at all B) Very little C) Some D) Much E) Very much

46. DROOPY

A) Not at all B) Very little C) Some D) Much E) Very much

47. ACTIVE

A) Not at all B) Very little C) Some D) Much E) Very much

48. PASSIVE

A) Not at all B) Very little C) Some D) Much E) Very much