MOOD20

ID _______ _______ Date ___ / ___ / ___ Time _______ AM / PM

Please place a mark along the line for each question. (See example)

PLEASE PUSH THE EVENT MARKER ON YOUR WATCH NOW

EXAMPLE:

How alert do you feel?

Very Little _____________________________ Very Much

1. How alert do you feel?

Very Little _____________________________ Very Much

2. How sad do you feel?

Very Little _____________________________ Very Much

3. How tense do you feel?

Very Little _____________________________ Very Much

4. How much of an effort is it to do anything?

Very Little _____________________________ Very Much

5. How happy do you feel?

Very Little _____________________________ Very Much

6. How weary do you feel?

Very Little _____________________________ Very Much

7. How calm do you feel?

Very Little _____________________________ Very Much

8. How sleepy do you feel?

Very Little _____________________________ Very Much

9. Overall, how do you feel?

Very Bad _____________________________ Very Good
10. How clear-headed do you feel?
   Very Little ___________________________ Very Much

11. How fatigued do you feel?
   Very Little ___________________________ Very Much

12. How anxious do you feel?
   Very Little ___________________________ Very Much

13. How exhausted do you feel?
   Very Little ___________________________ Very Much

14. How relaxed do you feel?
   Very Little ___________________________ Very Much

15. How forgetful do you feel?
   Very Little ___________________________ Very Much

16. How efficient do you feel?
   Very Little ___________________________ Very Much

17. How stressed do you feel?
   Very Little ___________________________ Very Much

18. How energetic do you feel?
   Very Little ___________________________ Very Much

19. How irritable do you feel?
   Very Little ___________________________ Very Much

20. How well are you able to concentrate?
   Very Poorly ___________________________ Very Well