Simplified Affective State Scale

Alexander B. Niculescu III, M.D., Ph.D.

Simplified Mood Subscale

Simplified Anxiety Subscale

Subject ID: **Date/Time:**

Simple Affective State Scale

<u>Mood Subscale</u>
For each item, mark the scale with a vertical line where you think you are at this moment in time, compared to lowest and highest you ever remember being:

1) Mood

How good is your mood right now?

    [--]

  Lowest   **Highest**

2) Motivation to do things

How is your motivation, your drive, your determination to do things right now?

    [--]

Lowest   **Highest**

3) Movement activity

How high is your physical energy and the amount of moving about that you feel like doing right now?

    [--]

Lowest   **Highest**

4) Thinking activity

How high is your mental energy and thinking activity going on in your mind right now?

    [--]

Lowest   **Highest**

Affective State Scale

Mood Subscale (cont.)

5) Self-esteem

How good do you feel about yourself and your accomplishments right now?

[--]

Lowest   **Highest**

6) Interest in pleasurable activities

How high is your interest to do things that are fun and enjoyable right now?

[--]

Lowest   **Highest**

7) Appetite

How high is your appetite and desire for food right now?

[--]

Lowest   **Highest**

Anxiety Subscale

1) Anxiety

How anxious are you right now?

[--]

Lowest   **Highest**

2) Uncertainty

How uncertain about things do you feel right now?

[--]

Lowest   **Highest**

3) Fear

How frightened about things do you feel right now?

[--]

Lowest   **Highest**

4) Anger

How angry about things do you feel right now?

[--]

Lowest   **Highest**

Comments (optional):
Describe events or actions that you think are influencing how you feel now. Describe any additional feelings you might have at this moment in time: