

**S T C I – S <c20>**

Name / Code: \_\_\_\_\_ date: \_\_\_\_ . \_\_\_\_ . \_\_\_\_ time: \_\_\_\_ : \_\_\_\_

your birthday: \_\_\_\_ . \_\_\_\_ . \_\_\_\_ age: \_\_\_\_ years your gender:  male  
 female

The following clauses describe, how you feel **right now**.

This is how you can answer: 1  strongly disagree  
2  moderately disagree  
3  moderately agree  
4  strongly agree

Choose the answer that fits best with you.

Example: I am calm. 1 2 3 4

If you are very calm **at this moment**, no matter if you are different in general oder not, please paint in the circle below the 4:

If you are not calm at all right noe, please paint in the circle below the 4:

If you have difficulty answering a question, pick the solution that *most* applies. Please answer *every* question, do not skip any!

Please note:

Please use a **black felt pen** (not a pencil). Please do not tick the answer, but fill in the circles. If you want to correct one answer, mark the wrong circle with a cross and fill in the right one.

	strongly disagree	moderately disagree	moderately agree	strongly agree
	1	2	3	4
1 I'm in a bad mood. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2 I'm in the mood for serious things. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3 I'm happy. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4 I'm thinking about important things. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5 I'm glum. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6 I'm in a good mood. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7 I'm irritated. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8 I feel like laughing. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9 I'm thoughtful. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
10 I'm merry. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11 I'm sad. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12 I'm serious. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13 I feel like joking. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14 I have deep thoughts. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15 I feel gloomy. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16 I'm amused. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17 I'm in the mood for meaningful things. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18 I'm happy and cheery. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19 I'm in a grumpy mood. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20 I'm upbeat. ....	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Please check to see that you have answered every statement.