

S T C I - T <106i>

Name/Code: |_|_|_|_|_|_|_|_|

your age: |_|_|

your gender: O male O female

Instructions:

The following statements refer to your **moods** and **mentality in general**. Please try as much as possible to describe your **habitual behavior patterns and attitudes** by marking an X through one of the four alternatives. Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

I am an active person. (1) (2) (3) (4)

If you **strongly agree** with this statement, that is, if you are **in general** an active person, **mark an X through (4)**. If you **strongly disagree**, that is, if you are habitually **not active at all**, **mark an X through (1)**.

If you have difficulty answering a question, pick the response that most applies.

Please answer every question; do not omit any.

strongly disagree
moderately disagree
moderately agree
strongly agree

- 1. People often have reason to ask if something is eating me. (1) (2) (3) (4)
- 2. I sometimes have a tendency to be superficial. (1) (2) (3) (4)
- 3. My way of life can be described as positive and carefree. (1) (2) (3) (4)
- 4. I very seldom act without a proper reason. (1) (2) (3) (4)
- 5. I like to hear the newest jokes and funny stories. (1) (2) (3) (4)

- 6. If something important is on my agenda, I feel I have to give up pleasure and fun.. (1) (2) (3) (4)
- 7. When I meet with friends, we usually act in a cheerful and humorous manner.. (1) (2) (3) (4)
- 8. Many people often have a tough time attempting to cheer me up. (1) (2) (3) (4)
- 9. Seemingly trivial matters often gain greater weight once one looks at them seriously. ... (1) (2) (3) (4)
- 10. It is quite easy to elicit a smile from me.. (1) (2) (3) (4)

- 11. I don't like to be in the company of people who are always joking and fooling around. . (1) (2) (3) (4)
- 12. Most of my friends are more likely to be serious and reflective. (1) (2) (3) (4)
- 13. I am a cheerful person.. (1) (2) (3) (4)
- 14. Some annoying circumstances are capable of spoiling my mood for quite a while.. (1) (2) (3) (4)
- 15. I express my thoughts exactly as I mean them. (1) (2) (3) (4)

- 16. When reading a newspaper, I usually look for the comics. (1) (2) (3) (4)
- 17. People can have their fun, but they should leave me in peace and not bother me! (1) (2) (3) (4)
- 18. People who always are cheerful and merry seem to me immature and superficial. (1) (2) (3) (4)
- 19. I often infect others with my good mood.. (1) (2) (3) (4)
- 20. I prefer conversations that deal with important things and are very profound.. (1) (2) (3) (4)

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

21. Compared to others, I really can be grumpy and grouchy. (1) (2) (3) (4)
22. Life gives me very few reasons to laugh. (1) (2) (3) (4)
23. I am a mirthful person.. . . . (1) (2) (3) (4)
24. I have to think out things in detail before acting. (1) (2) (3) (4)
25. I can be made to laugh easily. (1) (2) (3) (4)
26. Sometimes I have the feeling of an inner emptiness. (1) (2) (3) (4)
27. I go through life without a care.. . . . (1) (2) (3) (4)
28. I plan my actions and make my decisions so that they are useful to me in the long run. . (1) (2) (3) (4)
29. I often feel despondent. (1) (2) (3) (4)
30. I can easily unwind and enjoy the moment.. . . . (1) (2) (3) (4)
31. I find it unnecessary and bothersome when people exaggerate in talking to me. (1) (2) (3) (4)
32. Everyday life often gives me the occasion to laugh. (1) (2) (3) (4)
33. I often think, "For heaven's sake, don't bother me today." (1) (2) (3) (4)
34. In my life, I like to have everything correct. (1) (2) (3) (4)
35. When I watch TV, I prefer informative reports to "shallow" programs. (1) (2) (3) (4)
36. I have a "sunny" nature.. . . . (1) (2) (3) (4)
37. Even when I am among cheerful people, I try to direct the conversation to essential things and not join their joking around.. . . . (1) (2) (3) (4)
38. When I am distressed, even a very funny thing fails to cheer me up. (1) (2) (3) (4)
39. I often smile. (1) (2) (3) (4)
40. I like to kid around with others.. . . . (1) (2) (3) (4)
41. In everything I do, I always consider every possible effect and compare all pros and cons carefully.. . . . (1) (2) (3) (4)
42. When friends try to cheer me up by joking or fooling around, I sometimes become more morose and grumpy.. . . . (1) (2) (3) (4)
43. I take things as they are.. . . . (1) (2) (3) (4)
44. Sometimes I am distressed for a very long time.. . . . (1) (2) (3) (4)
45. When I am with a group of friends of the same age, I often feel more mature than they.. (1) (2) (3) (4)
46. I often whistle and sing out of pleasure. (1) (2) (3) (4)
47. There are many days on which I think, "I got up on the wrong side of the bed." (1) (2) (3) (4)
48. Laughing has a contagious effect on me.. . . . (1) (2) (3) (4)
49. I can only disapprove of the trivial and childish things which amuse some people even if I risk being perceived as a humorless person. (1) (2) (3) (4)
50. I often walk on air.. . . . (1) (2) (3) (4)
51. I often find that the small things in everyday life are really funny and amusing. (1) (2) (3) (4)
52. I do not take even everyday problems too lightly.. . . . (1) (2) (3) (4)

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

53. People who are merry and have a good time can really get on my nerves.. (1) (2) (3) (4)
54. My mood is often not the best one. (1) (2) (3) (4)
55. In most situations, I initially see the serious aspect. (1) (2) (3) (4)
56. I like to laugh and do it often. (1) (2) (3) (4)
57. I often find it hard to rouse myself to join a group of cheerful people.. (1) (2) (3) (4)
58. A joke has to be extraordinarily good in order to make me laugh. (1) (2) (3) (4)
59. Sometimes I am sad without any reason.. (1) (2) (3) (4)
60. I am a merry person. (1) (2) (3) (4)
61. Even if there is no reason, I often feel ill-humored. (1) (2) (3) (4)
62. If I want to laugh and to be cheerful, I know where and how I can get the
 opportunity to do so. (1) (2) (3) (4)
63. I am often sullen. (1) (2) (3) (4)
64. I take everyday situations almost as serious as important ones. (1) (2) (3) (4)
65. The good mood of others has a contagious effect on me. (1) (2) (3) (4)
66. I feel completely contented being with cheerful people. (1) (2) (3) (4)
67. If I don't want to laugh, even the funniest person can't make me do so. (1) (2) (3) (4)
68. Because decisions always have consequences, I avoid treating matters superficially
 or making up my mind without careful thought. (1) (2) (3) (4)
69. Many adversities of everyday life actually do have a positive side. (1) (2) (3) (4)
70. I am often in a bad mood. (1) (2) (3) (4)
71. When I am in contact with others, I often find that I have thought many things
 through more thoroughly than they.. (1) (2) (3) (4)
72. In conversation, I always avoid exaggerations, embellishments, and ambiguities, all
 of which do not contribute to the meaning of my statements.. (1) (2) (3) (4)
73. I am often in a good mood, even without a specific reason. (1) (2) (3) (4)
74. My acquaintances often get on my nerves. (1) (2) (3) (4)
75. I don't understand how others can waste their time on senseless matters.. (1) (2) (3) (4)
76. I am always ready to have a mirthful or light-hearted conversation. (1) (2) (3) (4)
77. Often I simply want to be left in peace, but some people don't seem to understand that.. (1) (2) (3) (4)
78. I often find the slight mishaps of everyday life amusing, even if they happen to me. . . . (1) (2) (3) (4)
79. My everyday life is filled mainly with important things and matters.. (1) (2) (3) (4)
80. I am a rather sad person. (1) (2) (3) (4)
81. I tend to plan far in advance and to set long-term goals for myself. (1) (2) (3) (4)
82. Most problems turn out to be not as bad as all that when considered calmly and
 composedly. (1) (2) (3) (4)
83. I often feel so gloomy that nothing can make me laugh.. (1) (2) (3) (4)
84. I try to spend my free time doing things as useful as possible. (1) (2) (3) (4)

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

85. I am often in a joyous mood. (1) (2) (3) (4)
86. Irony is not my cup of tea.. . . . (1) (2) (3) (4)
87. If I am in a bad mood, I can't stand the presence of cheerful people. (1) (2) (3) (4)
88. I am a serious person. (1) (2) (3) (4)
89. I like to watch funny movies.. . . . (1) (2) (3) (4)
90. Most often, a cheerful mood does not last long for me. (1) (2) (3) (4)
91. I prefer people who communicate with deliberation and objectivity. (1) (2) (3) (4)
92. Experience has shown me that the proverb "Laughter is the best medicine" is really true.(1) (2) (3) (4)
93. I am often in a cheerful mood.. . . . (1) (2) (3) (4)
94. When I am in a bad mood, I tend to be less considerate of others. (1) (2) (3) (4)
95. One of my principles is: "first work, then play." (1) (2) (3) (4)
96. I enjoy making my friends laugh. (1) (2) (3) (4)
97. I am a person who easily takes something to heart.. . . . (1) (2) (3) (4)
98. I like to entertain my friends with funny stories.. . . . (1) (2) (3) (4)
99. I only do things which are sensible; everything else would be a waste of time and be
 pointless. (1) (2) (3) (4)
100. I tackle even difficult situations lightheartedly.. . . . (1) (2) (3) (4)
101. I am often more likely to cry than to laugh.. . . . (1) (2) (3) (4)
102. People who are always cheerful don't understand the serious side of life. (1) (2) (3) (4)
103. When I communicate with other people, I always try to have an objective and
 sober exchange of ideas. (1) (2) (3) (4)
104. I often feel so weary that I cannot rouse myself to do anything.. . . . (1) (2) (3) (4)
105. It is easy for me to spread good cheer.. . . . (1) (2) (3) (4)
106. Even seemingly trivial things have to be treated seriously and responsibly.. . . . (1) (2) (3) (4)

Please check to see that you have answered every statement.

S T C I - S <45i>

Name (Code): |_|_|_|_|_|_|_|_|_|_|

your age: |_|_|

your gender: male O female O

Instructions:

The following statements refer to your **current mood** and **mental state**. Please try as much as possible to describe **your current feelings and state of mind** by marking an X through one of the four alternatives.

Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

I have an even temper..... (1) (2) (3) (4)

If you **strongly agree** with this statement, that is, if you are at this moment in an even temper, **mark an X through (4)**. If you **strongly disagree**, that is, if you at present do not have an even temper at all, **mark an X through (1)**.

If you have difficulty answering a question, pick the solution that most applies.

Please answer every question; do not omit any.

strongly disagree
moderately disagree
moderately agree
strongly agree

-
- 1. I feel good..... (1) (2) (3) (4)
 - 2. I am in a bad mood..... (1) (2) (3) (4)
 - 3. I am set for serious things..... (1) (2) (3) (4)
 - 4. I feel gloomy..... (1) (2) (3) (4)
 - 5. I feel chipper..... (1) (2) (3) (4)

 - 6. I am depressed..... (1) (2) (3) (4)
 - 7. I am in a mirthful mood..... (1) (2) (3) (4)
 - 8. I have important things on my mind..... (1) (2) (3) (4)
 - 9. I am in good spirits..... (1) (2) (3) (4)
 - 10. I am in a pensive frame of mind..... (1) (2) (3) (4)

 - 11. I am cheerful..... (1) (2) (3) (4)
 - 12. I am at my wits' end..... (1) (2) (3) (4)
 - 13. I could laugh at the drop of a hat..... (1) (2) (3) (4)
 - 14. I don't feel like making jokes or kidding around..... (1) (2) (3) (4)
 - 15. I'm not prepared for any silliness or nonsense..... (1) (2) (3) (4)

 - 16. I feel stressed..... (1) (2) (3) (4)
 - 17. I feel merry..... (1) (2) (3) (4)
 - 18. I have a serious mental attitude..... (1) (2) (3) (4)
 - 19. I am in a thoughtful mood..... (1) (2) (3) (4)
 - 20. I am in a good mood..... (1) (2) (3) (4)

strongly disagree
moderately disagree
moderately agree
strongly agree

- 21. I am not mentally set for superficial or shallow things.. (1) (2) (3) (4)
- 22. I am in a serious frame of mind. (1) (2) (3) (4)
- 23. I feel great.. (1) (2) (3) (4)
- 24. I am ill-humored. (1) (2) (3) (4)
- 25. I am sad.. (1) (2) (3) (4)

- 26. My thoughts are profound.. (1) (2) (3) (4)
- 27. I am ready to have some fun.. (1) (2) (3) (4)
- 28. I don't feel like laughing. (1) (2) (3) (4)
- 29. I am not mentally set for light-hearted things.. (1) (2) (3) (4)
- 30. I am amused. (1) (2) (3) (4)

- 31. I see the funny side of things. (1) (2) (3) (4)
- 32. I feel uncomfortable. (1) (2) (3) (4)
- 33. I'd rather be doing something significant. (1) (2) (3) (4)
- 34. I am peeved.. (1) (2) (3) (4)
- 35. I'm walking on air. (1) (2) (3) (4)

- 36. My mood is spoiled.. (1) (2) (3) (4)
- 37. I regard my situation objectively and soberly.. (1) (2) (3) (4)
- 38. I am delighted. (1) (2) (3) (4)
- 39. I feel dejected. (1) (2) (3) (4)
- 40. I feel grouchy. (1) (2) (3) (4)

- 41. I'm prepared to do a task in earnest. (1) (2) (3) (4)
- 42. I am in a crabby mood. (1) (2) (3) (4)
- 43. I feel downhearted. (1) (2) (3) (4)
- 44. I am in a sober frame of mind.. (1) (2) (3) (4)
- 45. I am in a grumpy mood.. (1) (2) (3) (4)

Please check to see that you have answered every statement.

S T C I - T <106i> peer

Name/Code: |_|_|_|_|_|_|_|_|

your age: |_|_|

your gender: O male O female

Instructions:

In this questionnaire, you are asked to give a **description of a familiar person**. The following statements refer to his or her feelings, moods, and attitudes. Please try as much as possible to describe the **habitual behavior patterns and attitudes** of the person who gave you this paper by marking an X through one of the four alternatives. Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

_____ is an active person. (1) (2) (3) (4)

First, insert the person's name in the blank line (_____) as you think about the statement. If this statement describes the person who gave you this questionnaire **very much**, that is, if this person is in general an active person, **mark an X through (4)**. If the description does **not** fit the person **at all**, that is, if he or she is not active at all, **mark an X through (1)**.

If you have difficulty answering a question, pick the response that most applies. In some cases, you are asked for the impression the person has made on you because we cannot always know the feelings, thoughts and attitudes of other people. Please answer every question; do not omit any.

Please give your estimate based on your immediate impression; do not think too long on any question. In order for your reply to remain confidential, place this questionnaire in the envelope that has been provided and seal it tightly.

strongly disagree
moderately disagree
moderately agree
strongly agree

-
1. People often have reason to ask _____ if something is eating him/her. (1) (2) (3) (4)
 2. _____ sometimes has a tendency to be superficial. (1) (2) (3) (4)
 3. _____'s way of life can be described as positive and carefree. (1) (2) (3) (4)
 4. _____ very seldom acts without a proper reason. (1) (2) (3) (4)
 5. _____ likes to hear the newest jokes and funny stories. (1) (2) (3) (4)
 6. _____ seems to believe: "If something important is on my agenda, I have to give up pleasure and fun." (1) (2) (3) (4)
 7. When _____ meets with friends, they usually act in a cheerful and humorous manner. (1) (2) (3) (4)
 8. Many people often have a tough time attempting to cheer _____ up. (1) (2) (3) (4)
 9. _____ is of the opinion that seemingly trivial matters often gain greater weight once one looks at them seriously. (1) (2) (3) (4)
 10. It is quite easy to elicit a smile from _____. (1) (2) (3) (4)
 11. _____ doesn't like to be in the company of people who are always joking and fooling around. (1) (2) (3) (4)
 12. Most of _____'s friends are more likely to be serious and reflective. (1) (2) (3) (4)
 13. _____ is a cheerful person. (1) (2) (3) (4)
 14. Some annoying circumstances are capable of spoiling _____'s mood for quite a while. (1) (2) (3) (4)
 15. _____ expresses his/her thoughts exactly as he/she means them. (1) (2) (3) (4)
 16. When reading a newspaper, _____ usually looks for the comics. (1) (2) (3) (4)

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

17. _____ seems to think: "People can have their fun, but they should leave me in peace and not bother me." (1) (2) (3) (4)
18. People who always are cheerful and merry seem to _____ immature and superficial. . (1) (2) (3) (4)
19. _____ often infects others with his/her good mood. (1) (2) (3) (4)
20. _____ prefers conversations that deal with important things and are very profound. . . (1) (2) (3) (4)
21. Compared to others, _____ really can be grumpy and grouchy. (1) (2) (3) (4)
22. Life gives _____ very few reasons to laugh. (1) (2) (3) (4)
23. _____ is a mirthful person. (1) (2) (3) (4)
24. _____ has to think out things in detail before acting. (1) (2) (3) (4)
25. _____ can be made to laugh easily. (1) (2) (3) (4)
26. Sometimes _____ seems to have the feeling of an inner emptiness. (1) (2) (3) (4)
27. _____ goes through life without a care. (1) (2) (3) (4)
28. _____ plans his/her actions and makes his/her decisions so that they are useful to him/her in the long run. (1) (2) (3) (4)
29. _____ often feels despondent. (1) (2) (3) (4)
30. _____ can easily unwind and enjoy the moment. (1) (2) (3) (4)
31. _____ finds it unnecessary and bothersome when people exaggerate in talking to him/her. (1) (2) (3) (4)
32. Everyday life often gives _____ the occasion to laugh. (1) (2) (3) (4)
33. _____ often seems to think: "For heaven's sake, don't bother me today." (1) (2) (3) (4)
34. In _____'s life, he/she likes to have everything correct. (1) (2) (3) (4)
35. When _____ watches TV, he/she prefers informative reports to "shallow" programs. . (1) (2) (3) (4)
36. _____ has a "sunny" nature. (1) (2) (3) (4)
37. Even when _____ is among cheerful people, he/she tries to direct the conversation to essential things and not join their joking around. (1) (2) (3) (4)
38. When _____ is distressed, even a very funny thing fails to cheer him/her up. (1) (2) (3) (4)
39. _____ often smiles. (1) (2) (3) (4)
40. _____ likes to kid around with others. (1) (2) (3) (4)
41. In everything _____ does, he/she always considers every possible effect and compares all pros and cons carefully. (1) (2) (3) (4)
42. When friends try to cheer _____ up by joking or fooling around, he/she sometimes becomes more morose and grumpy. (1) (2) (3) (4)
43. _____ takes things as they are. (1) (2) (3) (4)
44. Sometimes _____ is distressed for a very long time. (1) (2) (3) (4)
45. When _____ is with a group of friends of the same age, he/she often seems to feel more mature than they. (1) (2) (3) (4)
46. _____ often whistles and sings out of pleasure. (1) (2) (3) (4)
47. There are many days on which _____ seems to think: "I got up on the wrong side of the bed." (1) (2) (3) (4)
48. Laughing has a contagious effect on _____. (1) (2) (3) (4)
49. _____ can only disapprove of the trivial and childish things which amuse some people even if he/she risks being perceived as a humorless person. (1) (2) (3) (4)

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

50. _____ often walks on air. (1) (2) (3) (4)
51. _____ often finds that the small things in everyday life are really funny and amusing. (1) (2) (3) (4)
52. _____ does not take even everyday problems too lightly. (1) (2) (3) (4)
53. People who are merry and have a good time can really get on _____'s nerves. (1) (2) (3) (4)
54. _____'s mood is often not the best one. (1) (2) (3) (4)
55. In most situations, _____ initially sees the serious aspect. (1) (2) (3) (4)
56. _____ likes to laugh and does it often. (1) (2) (3) (4)
57. _____ often finds it hard to rouse himself/herself to join a group of cheerful people. . (1) (2) (3) (4)
58. A joke has to be extraordinarily good in order to make _____ laugh. (1) (2) (3) (4)
59. Sometimes _____ is sad without any reason. (1) (2) (3) (4)
60. _____ is a merry person. (1) (2) (3) (4)
61. Even if there is no reason, _____ often feels ill-humored. (1) (2) (3) (4)
62. If _____ want to laugh and to be cheerful, he/she seems to know where and how
 he/she can get the opportunity to do so. (1) (2) (3) (4)
63. _____ is often sullen. (1) (2) (3) (4)
64. _____ takes everyday situations almost as serious as important ones. (1) (2) (3) (4)
65. The good mood of others has a contagious effect on _____. (1) (2) (3) (4)
66. _____ seems to be completely contented being with cheerful people. (1) (2) (3) (4)
67. If _____ doesn't want to laugh, even the funniest person can't make him/her do so. . . (1) (2) (3) (4)
68. Because decisions always have consequences, _____ avoids treating matters
 superficially or making up his/her mind without careful thought. (1) (2) (3) (4)
69. _____ seems to think: "Many adversities of everyday life actually do have
 a positive side." (1) (2) (3) (4)
70. _____ is often in a bad mood. (1) (2) (3) (4)
71. When _____ is in contact with others, he/she often seems to find that he/she thought
 many things through more thoroughly than they. (1) (2) (3) (4)
72. In conversation, _____ always avoids exaggerations, embellishments, and ambiguities,
 all of which _____ thinks do not contribute to the meaning of his/her statements. . . (1) (2) (3) (4)
73. _____ is often in a good mood, even without a specific reason. (1) (2) (3) (4)
74. _____'s acquaintances often seem to get on his/her nerves. (1) (2) (3) (4)
75. _____ understands how others can waste their time on senseless matters. (1) (2) (3) (4)
76. _____ is always ready to have a mirthful or light-hearted conversation. (1) (2) (3) (4)
77. Often _____ simply seems to want to be left in peace, but some people don't seem
 to understand that. (1) (2) (3) (4)
78. _____ often finds the slight mishaps of everyday life amusing, even if they
 happen to him/her. (1) (2) (3) (4)
79. _____'s everyday life is filled mainly with important things and matters. (1) (2) (3) (4)
80. _____ is a rather sad person. (1) (2) (3) (4)
81. _____ tends to plan far in advance and to set long-term goals for himself/herself. . . (1) (2) (3) (4)
82. _____ often seems to think: "Most problems turn out to be not as bad as all that
 when considered calmly and composedly." (1) (2) (3) (4)

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

83. _____ often seems to feel so gloomy that nothing can make him/her laugh. (1) (2) (3) (4)
84. _____ tries to spend his/her free time doing things as useful as possible. (1) (2) (3) (4)
85. _____ is often in a joyous mood. (1) (2) (3) (4)
86. Irony is not _____'s cup of tea. (1) (2) (3) (4)
87. If _____ is in a bad mood, he/she can't stand the presence of cheerful people. (1) (2) (3) (4)
88. _____ is a serious person. (1) (2) (3) (4)
89. _____ likes to watch funny movies. (1) (2) (3) (4)
90. Most often, a cheerful mood does not seem to last long for _____. (1) (2) (3) (4)
91. _____ prefers people who communicate with deliberation and objectivity. (1) (2) (3) (4)
92. Experience seems to have shown _____ that the proverb "Laughter is the best medicine" is really true. (1) (2) (3) (4)
93. _____ is often in a cheerful mood. (1) (2) (3) (4)
94. When _____ is in a bad mood, he/she tends to be less considerate of others. (1) (2) (3) (4)
95. One of _____'s principles is: "First work, then play." (1) (2) (3) (4)
96. _____ enjoys making his/her friends laugh. (1) (2) (3) (4)
97. _____ is a person who easily takes something to heart. (1) (2) (3) (4)
98. _____ likes to entertain his/her friends with funny stories. (1) (2) (3) (4)
99. _____ only does things which are sensible; everything else would be a waste of time and be pointless. (1) (2) (3) (4)
100. _____ tackles even difficult situations lightheartedly. (1) (2) (3) (4)
101. _____ is often more likely to cry than to laugh. (1) (2) (3) (4)
102. _____ is of the opinion that people who are always cheerful don't understand the serious side of life. (1) (2) (3) (4)
103. When _____ communicates with other people, he/she always tries to have an objective and sober exchange of ideas. (1) (2) (3) (4)
104. _____ often seems to feel so weary that he/she cannot rouse himself/herself to do anything. (1) (2) (3) (4)
105. It is easy for _____ to spread good cheer. (1) (2) (3) (4)
106. _____ is of the opinion that even seemingly trivial things have to be treated seriously and responsibly. (1) (2) (3) (4)

Please check to see that you have answered every statement.

Finally, please indicate **how familiar the person you described is to you:**

I have known this person for about _____ years.

I am with this person for an average of about _____ hours per week.

Estimate how familiar you are with this person:

(1)	(2)	(3)	(4)	(5)	(6)	(7)
very slightly familiar			partly familiar			very familiar

S T C I - T <106i> peer

Name/Code: |_|_|_|_|_|_|_|_|

your age: |_|_|

your gender: O male O female

Instructions:

In this questionnaire, you are asked to give a **description of a familiar person**. The following statements refer to his or her feelings, moods, and attitudes. Please try as much as possible to describe the **habitual behavior patterns and attitudes** of the person who gave you this paper by marking an X through one of the four alternatives. Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

He/She is an active person..... (1) (2) (3) (4)

If this statement describes the person who gave you this questionnaire **very much**, that is, if this person is in general an active person, **mark an X through (4)**. If the description does **not** fit the person **at all**, that is, if he or she is not active at all, **mark an X through (1)**.

If you have difficulty answering a question, pick the response that most applies. In some cases, you are asked for the impression the person has made on you because we cannot always know the feelings, thoughts and attitudes of other people. Please answer every question; do not omit any.

Please give your estimate based on your immediate impression; do not think too long on any question. In order for your reply to remain confidential, place this questionnaire in the envelope that has been provided and seal it tightly.

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

-
1. People often have reason to ask him/her if something is eating him/her..... (1) (2) (3) (4)
 2. He/She sometimes has a tendency to be superficial. (1) (2) (3) (4)
 3. His/Her way of life can be described as positive and carefree. (1) (2) (3) (4)
 4. He/She very seldom acts without a proper reason.. (1) (2) (3) (4)
 5. He/She likes to hear the newest jokes and funny stories.. (1) (2) (3) (4)
 6. He/She seems to believe: "If something important is on my agenda, I have to give up pleasure and fun." (1) (2) (3) (4)
 7. When he/she meets with friends, they usually act in a cheerful and humorous manner. (1) (2) (3) (4)
 8. Many people often have a tough time attempting to cheer him/her up. (1) (2) (3) (4)
 9. He/She is of the opinion that seemingly trivial matters often gain greater weight once one looks at them seriously. (1) (2) (3) (4)
 10. It is quite easy to elicit a smile from him/her.. (1) (2) (3) (4)
 11. He/She doesn't like to be in the company of people who are always joking and fooling around. (1) (2) (3) (4)
 12. Most of his/her friends are more likely to be serious and reflective. (1) (2) (3) (4)
 13. He/She is a cheerful person. (1) (2) (3) (4)
 14. Some annoying circumstances are capable of spoiling his/her mood for quite a while. (1) (2) (3) (4)
 15. He/She expresses his/her thoughts exactly as he/she means them. (1) (2) (3) (4)
 16. When reading a newspaper, he/she usually looks for the comics. (1) (2) (3) (4)

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

17. He/She seems to think: "People can have their fun, but they should leave me in peace and not bother me." (1) (2) (3) (4)
18. People who always are cheerful and merry seem to him/her immature and superficial. (1) (2) (3) (4)
19. He/She often infects others with his/her good mood.. (1) (2) (3) (4)
20. He/She prefers conversations that deal with important things and are very profound. . (1) (2) (3) (4)
21. Compared to others, he/she really can be grumpy and grouchy. (1) (2) (3) (4)
22. Life gives him/her very few reasons to laugh. (1) (2) (3) (4)
23. He/She is a mirthful person. (1) (2) (3) (4)
24. He/She has to think out things in detail before acting.. (1) (2) (3) (4)
25. He/She can be made to laugh easily.. (1) (2) (3) (4)
26. Sometimes he/she seems to have the feeling of an inner emptiness. (1) (2) (3) (4)
27. He/She goes through life without a care. (1) (2) (3) (4)
28. He/She plans his/her actions and makes his/her decisions so that they are useful to him/her in the long run. (1) (2) (3) (4)
29. He/She often feels despondent. (1) (2) (3) (4)
30. He/She can easily unwind and enjoy the moment.. (1) (2) (3) (4)
31. He/She finds it unnecessary and bothersome when people exaggerate in talking to him/her.. (1) (2) (3) (4)
32. Everyday life often gives him/her the occasion to laugh.. (1) (2) (3) (4)
33. He/She often seems to think: "For heaven's sake, don't bother me today." (1) (2) (3) (4)
34. In his/her life, he/she likes to have everything correct. (1) (2) (3) (4)
35. When he/she watches TV, he/she prefers informative reports to "shallow" programs. . (1) (2) (3) (4)
36. He/She has a "sunny" nature. (1) (2) (3) (4)
37. Even when he/she is among cheerful people, he/she tries to direct the conversation to essential things and not join their joking around.. (1) (2) (3) (4)
38. When he/she is distressed, even a very funny thing fails to cheer him/her up. (1) (2) (3) (4)
39. He/She often smiles. (1) (2) (3) (4)
40. He/She likes to kid around with others. (1) (2) (3) (4)
41. In everything he/she does, he/she always considers every possible effect and compares all pros and cons carefully.. (1) (2) (3) (4)
42. When friends try to cheer him/her up by joking or fooling around, he/she sometimes becomes more morose and grumpy. (1) (2) (3) (4)
43. He/She takes things as they are. (1) (2) (3) (4)
44. Sometimes he/she is distressed for a very long time.. (1) (2) (3) (4)
45. When he/she is with a group of friends of the same age, he/she often seems to feel more mature than they. (1) (2) (3) (4)
46. He/She often whistles and sings out of pleasure. (1) (2) (3) (4)
47. There are many days on which he/she seems to think: "I got up on the wrong side of the bed." (1) (2) (3) (4)
48. Laughing has a contagious effect on him/her. (1) (2) (3) (4)
49. He/She can only disapprove of the trivial and childish things which amuse some people even if he/she risks being perceived as a humorless person. (1) (2) (3) (4)

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

50. He/She often walks on air. (1) (2) (3) (4)
51. He/She often finds that the small things in everyday life are really funny and amusing. (1) (2) (3) (4)
52. He/She does not take even everyday problems too lightly. (1) (2) (3) (4)
53. People who are merry and have a good time can really get on his/her nerves. (1) (2) (3) (4)
54. His/her mood is often not the best one. (1) (2) (3) (4)
55. In most situations, he/she initially sees the serious aspect. (1) (2) (3) (4)
56. He/She likes to laugh and does it often. (1) (2) (3) (4)
57. He/She often finds it hard to rouse himself/herself to join a group of cheerful people.. (1) (2) (3) (4)
58. A joke has to be extraordinarily good in order to make him/her laugh. (1) (2) (3) (4)
59. Sometimes he/she is sad without any reason.. (1) (2) (3) (4)
60. He/She is a merry person.. (1) (2) (3) (4)
61. Even if there is no reason, he/she often feels ill-humored.. (1) (2) (3) (4)
62. If he/she want to laugh and to be cheerful, he/she seems to know where and how
 he/she can get the opportunity to do so. (1) (2) (3) (4)
63. He/She is often sullen. (1) (2) (3) (4)
64. He/She takes everyday situations almost as serious as important ones.. (1) (2) (3) (4)
65. The good mood of others has a contagious effect on him/her. (1) (2) (3) (4)
66. He/She seems to be completely contented being with cheerful people.. (1) (2) (3) (4)
67. If he/she doesn't want to laugh, even the funniest person can't make him/her do so. . . (1) (2) (3) (4)
68. Because decisions always have consequences, he/she avoids treating matters
 superficially or making up his/her mind without careful thought. (1) (2) (3) (4)
69. He/She seems to think: "Many adversities of everyday life actually do have
 a positive side." (1) (2) (3) (4)
70. He/She is often in a bad mood.. (1) (2) (3) (4)
71. When he/she is in contact with others, he/she often seems to find that he/she thought
 many things through more thoroughly than they.. (1) (2) (3) (4)
72. In conversation, he/she always avoids exaggerations, embellishments, and ambiguities,
 all of which he/she thinks do not contribute to the meaning of his/her statements.. . . (1) (2) (3) (4)
73. He/She is often in a good mood, even without a specific reason. (1) (2) (3) (4)
74. His/Her acquaintances often seem to get on his/her nerves.. (1) (2) (3) (4)
75. He/She understands how others can waste their time on senseless matters. (1) (2) (3) (4)
76. He/She is always ready to have a mirthful or light-hearted conversation. (1) (2) (3) (4)
77. Often he/she simply seems to want to be left in peace, but some people don't seem
 to understand that.. (1) (2) (3) (4)
78. He/She often finds the slight mishaps of everyday life amusing, even if they
 happen to him/her. (1) (2) (3) (4)
79. His/Her everyday life is filled mainly with important things and matters.. (1) (2) (3) (4)
80. He/She is a rather sad person.. (1) (2) (3) (4)
81. He/She tends to plan far in advance and to set long-term goals for himself/herself. . . (1) (2) (3) (4)
82. He/She often seems to think: "Most problems turn out to be not as bad as all that
 when considered calmly and composedly." (1) (2) (3) (4)

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

83. He/She often seems to feel so gloomy that nothing can make him/her laugh.. (1) (2) (3) (4)
84. He/She tries to spend his/her free time doing things as useful as possible. (1) (2) (3) (4)
85. He/She is often in a joyous mood. (1) (2) (3) (4)
86. Irony is not his/her cup of tea. (1) (2) (3) (4)
87. If he/she is in a bad mood, he/she can't stand the presence of cheerful people.. . . . (1) (2) (3) (4)
88. He/She is a serious person. (1) (2) (3) (4)
89. He/She likes to watch funny movies. (1) (2) (3) (4)
90. Most often, a cheerful mood does not seem to last long for him/her.. (1) (2) (3) (4)
91. He/She prefers people who communicate with deliberation and objectivity.. (1) (2) (3) (4)
92. Experience seems to have shown him/her that the proverb "Laughter is the best medicine" is really true. (1) (2) (3) (4)
93. He/She is often in a cheerful mood. (1) (2) (3) (4)
94. When he/she is in a bad mood, he/she tends to be less considerate of others. (1) (2) (3) (4)
95. One of his/her principles is: "First work, then play." (1) (2) (3) (4)
96. He/She enjoys making his/her friends laugh. (1) (2) (3) (4)
97. He/She is a person who easily takes something to heart. (1) (2) (3) (4)
98. He/She likes to entertain his/her friends with funny stories. (1) (2) (3) (4)
99. He/She only does things which are sensible; everything else would be a waste of time and be pointless. (1) (2) (3) (4)
100. He/She tackles even difficult situations lightheartedly. (1) (2) (3) (4)
101. He/She is often more likely to cry than to laugh. (1) (2) (3) (4)
102. He/She is of the opinion that people who are always cheerful don't understand the serious side of life. (1) (2) (3) (4)
103. When he/she communicates with other people, he/she always tries to have an objective and sober exchange of ideas.. (1) (2) (3) (4)
104. He/She often seems to feel so weary that he/she cannot rouse himself/herself to do anything. (1) (2) (3) (4)
105. It is easy for him/her to spread good cheer. (1) (2) (3) (4)
106. He/She is of the opinion that even seemingly trivial things have to be treated seriously and responsibly.. (1) (2) (3) (4)

Please check to see that you have answered every statement.

Finally, please indicate **how familiar the person you described is to you:**

I have known this person for about _____ years.

I am with this person for an average of about _____ hours per week.

Estimate how familiar you are with this person:

(1)	(2)	(3)	(4)	(5)	(6)	(7)
very slightly familiar			partly familiar			very familiar

S T C I - S <45i> (d)

Name (Code): |__|__|__|__|__|__|

your age: |__|__|

your gender: male O female O

Instructions:

The following statements refer to your **mood** and **mental state of today**. Please try as much as possible to describe the **feelings** you had and **state of mind** you were **predominantly** in **today** by marking an X through one of the four alternatives.

Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

I had an even temper. (1) (2) (3) (4)

If you **strongly agree** with this statement, that is, if you predominantly had an even temper today, **mark an X through (4)**. If you **strongly disagree**, that is, if you did not have an even temper at all, **mark an X through (1)**.

If you have difficulty answering a question, pick the option that most applies.

Please answer every question; do not omit any.

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

-
1. I felt good. (1) (2) (3) (4)
 2. I was in a bad mood. (1) (2) (3) (4)
 3. I was set for serious things. (1) (2) (3) (4)
 4. I felt gloomy. (1) (2) (3) (4)
 5. I felt chipper. (1) (2) (3) (4)
 6. I was depressed. (1) (2) (3) (4)
 7. I was in a mirthful mood. (1) (2) (3) (4)
 8. I had important things on my mind. (1) (2) (3) (4)
 9. I was in good spirits. (1) (2) (3) (4)
 10. I was in a pensive frame of mind. (1) (2) (3) (4)
 11. I was cheerful. (1) (2) (3) (4)
 12. I was at my wits' end. (1) (2) (3) (4)
 13. I could laugh at the drop of a hat. (1) (2) (3) (4)
 14. I didn't feel like making jokes or kidding around. (1) (2) (3) (4)
 15. I was not prepared for any silliness or nonsense. (1) (2) (3) (4)
 16. I felt stressed. (1) (2) (3) (4)
 17. I felt merry. (1) (2) (3) (4)
 18. I had a serious mental attitude. (1) (2) (3) (4)
 19. I was in a thoughtful mood. (1) (2) (3) (4)
 20. I was in a good mood. (1) (2) (3) (4)

strongly disagree
moderately disagree
moderately agree
strongly agree

- 21. I was not mentally set for superficial or shallow things. (1) (2) (3) (4)
- 22. I was in a serious frame of mind. (1) (2) (3) (4)
- 23. I felt great. (1) (2) (3) (4)
- 24. I was ill-humored. (1) (2) (3) (4)
- 25. I was sad. (1) (2) (3) (4)

- 26. My thoughts were profound. (1) (2) (3) (4)
- 27. I was ready to have some fun. (1) (2) (3) (4)
- 28. I didn't feel like laughing. (1) (2) (3) (4)
- 29. I was not mentally set for light-hearted things. (1) (2) (3) (4)
- 30. I was amused. (1) (2) (3) (4)

- 31. I saw the funny side of things. (1) (2) (3) (4)
- 32. I felt uncomfortable. (1) (2) (3) (4)
- 33. I preferred to be doing something significant. (1) (2) (3) (4)
- 34. I was peeved. (1) (2) (3) (4)
- 35. I was walking on air. (1) (2) (3) (4)

- 36. My mood was spoiled. (1) (2) (3) (4)
- 37. I regarded my situation objectively and soberly. (1) (2) (3) (4)
- 38. I was delighted. (1) (2) (3) (4)
- 39. I felt dejected. (1) (2) (3) (4)
- 40. I felt grouchy. (1) (2) (3) (4)

- 41. I was prepared to do a task in earnest. (1) (2) (3) (4)
- 42. I was in a crabby mood. (1) (2) (3) (4)
- 43. I felt downhearted. (1) (2) (3) (4)
- 44. I was in a sober frame of mind. (1) (2) (3) (4)
- 45. I was in a grumpy mood. (1) (2) (3) (4)

Please check to see that you have answered every statement.

S T C I - S <45i> (w)

Name (Code): |__|__|__|__|__|__|

your age: |__|__|

your gender: male O female O

Instructions:

The following statements refer to your **mood** and **mental state of the last week**. Please try as much as possible to describe the **feelings** you had and **state of mind** you were **predominantly** in **during the last week** by marking an X through one of the four alternatives.

Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

I had an even temper..... (1) (2) (3) (4)

If you **strongly agree** with this statement, that is, if you predominantly had an even temper last week, **mark an X through (4)**. If you **strongly disagree**, that is, if you did not have an even temper at all, **mark an X through (1)**.

If you have difficulty answering a question, pick the option that most applies.

Please answer every question; do not omit any.

strongly disagree
moderately disagree
moderately agree
strongly agree

-
- 1. I felt good..... (1) (2) (3) (4)
 - 2. I was in a bad mood..... (1) (2) (3) (4)
 - 3. I was set for serious things..... (1) (2) (3) (4)
 - 4. I felt gloomy..... (1) (2) (3) (4)
 - 5. I felt chipper..... (1) (2) (3) (4)

 - 6. I was depressed..... (1) (2) (3) (4)
 - 7. I was in a mirthful mood..... (1) (2) (3) (4)
 - 8. I had important things on my mind..... (1) (2) (3) (4)
 - 9. I was in good spirits..... (1) (2) (3) (4)
 - 10. I was in a pensive frame of mind..... (1) (2) (3) (4)

 - 11. I was cheerful..... (1) (2) (3) (4)
 - 12. I was at my wits' end..... (1) (2) (3) (4)
 - 13. I could laugh at the drop of a hat..... (1) (2) (3) (4)
 - 14. I didn't feel like making jokes or kidding around..... (1) (2) (3) (4)
 - 15. I was not prepared for any silliness or nonsense..... (1) (2) (3) (4)

 - 16. I felt stressed..... (1) (2) (3) (4)
 - 17. I felt merry..... (1) (2) (3) (4)
 - 18. I had a serious mental attitude..... (1) (2) (3) (4)
 - 19. I was in a thoughtful mood..... (1) (2) (3) (4)
 - 20. I was in a good mood..... (1) (2) (3) (4)

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

- 21. I was not mentally set for superficial or shallow things. (1) (2) (3) (4)
- 22. I was in a serious frame of mind. (1) (2) (3) (4)
- 23. I felt great. (1) (2) (3) (4)
- 24. I was ill-humored. (1) (2) (3) (4)
- 25. I was sad. (1) (2) (3) (4)

- 26. My thoughts were profound. (1) (2) (3) (4)
- 27. I was ready to have some fun. (1) (2) (3) (4)
- 28. I didn't feel like laughing. (1) (2) (3) (4)
- 29. I was not mentally set for light-hearted things. (1) (2) (3) (4)
- 30. I was amused. (1) (2) (3) (4)

- 31. I saw the funny side of things. (1) (2) (3) (4)
- 32. I felt uncomfortable. (1) (2) (3) (4)
- 33. I preferred to be doing something significant. (1) (2) (3) (4)
- 34. I was peeved. (1) (2) (3) (4)
- 35. I was walking on air. (1) (2) (3) (4)

- 36. My mood was spoiled. (1) (2) (3) (4)
- 37. I regarded my situation objectively and soberly. (1) (2) (3) (4)
- 38. I was delighted. (1) (2) (3) (4)
- 39. I felt dejected. (1) (2) (3) (4)
- 40. I felt grouchy. (1) (2) (3) (4)

- 41. I was prepared to do a task in earnest. (1) (2) (3) (4)
- 42. I was in a crabby mood. (1) (2) (3) (4)
- 43. I felt downhearted. (1) (2) (3) (4)
- 44. I was in a sober frame of mind. (1) (2) (3) (4)
- 45. I was in a grumpy mood. (1) (2) (3) (4)

Please check to see that you have answered every statement.

S T C I - S <45i> (m)

Name (Code): |__|__|__|__|__|__|

your age: |__|__|

your gender: male O female O

Instructions:

The following statements refer to your **mood** and **mental state of the last month**. Please try as much as possible to describe the **feelings** you had and **state of mind** you were **predominantly** in **during the last month** by marking an X through one of the four alternatives.

Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

I had an even temper. (1) (2) (3) (4)

If you **strongly agree** with this statement, that is, if you predominantly had an even temper last month, **mark an X through (4)**. If you **strongly disagree**, that is, if you did not have an even temper at all, **mark an X through (1)**.

If you have difficulty answering a question, pick the option that most applies.

Please answer every question; do not omit any.

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

-
1. I felt good. (1) (2) (3) (4)
 2. I was in a bad mood. (1) (2) (3) (4)
 3. I was set for serious things. (1) (2) (3) (4)
 4. I felt gloomy. (1) (2) (3) (4)
 5. I felt chipper. (1) (2) (3) (4)
 6. I was depressed. (1) (2) (3) (4)
 7. I was in a mirthful mood. (1) (2) (3) (4)
 8. I had important things on my mind. (1) (2) (3) (4)
 9. I was in good spirits. (1) (2) (3) (4)
 10. I was in a pensive frame of mind. (1) (2) (3) (4)
 11. I was cheerful. (1) (2) (3) (4)
 12. I was at my wits' end. (1) (2) (3) (4)
 13. I could laugh at the drop of a hat. (1) (2) (3) (4)
 14. I didn't feel like making jokes or kidding around. (1) (2) (3) (4)
 15. I was not prepared for any silliness or nonsense. (1) (2) (3) (4)
 16. I felt stressed. (1) (2) (3) (4)
 17. I felt merry. (1) (2) (3) (4)
 18. I had a serious mental attitude. (1) (2) (3) (4)
 19. I was in a thoughtful mood. (1) (2) (3) (4)
 20. I was in a good mood. (1) (2) (3) (4)

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

21. I was not mentally set for superficial or shallow things. (1) (2) (3) (4)
22. I was in a serious frame of mind. (1) (2) (3) (4)
23. I felt great. (1) (2) (3) (4)
24. I was ill-humored. (1) (2) (3) (4)
25. I was sad. (1) (2) (3) (4)
26. My thoughts were profound. (1) (2) (3) (4)
27. I was ready to have some fun. (1) (2) (3) (4)
28. I didn't feel like laughing. (1) (2) (3) (4)
29. I was not mentally set for light-hearted things. (1) (2) (3) (4)
30. I was amused. (1) (2) (3) (4)
31. I saw the funny side of things. (1) (2) (3) (4)
32. I felt uncomfortable. (1) (2) (3) (4)
33. I preferred to be doing something significant. (1) (2) (3) (4)
34. I was peeved. (1) (2) (3) (4)
35. I was walking on air. (1) (2) (3) (4)
36. My mood was spoiled. (1) (2) (3) (4)
37. I regarded my situation objectively and soberly. (1) (2) (3) (4)
38. I was delighted. (1) (2) (3) (4)
39. I felt dejected. (1) (2) (3) (4)
40. I felt grouchy. (1) (2) (3) (4)
41. I was prepared to do a task in earnest. (1) (2) (3) (4)
42. I was in a crabby mood. (1) (2) (3) (4)
43. I felt downhearted. (1) (2) (3) (4)
44. I was in a sober frame of mind. (1) (2) (3) (4)
45. I was in a grumpy mood. (1) (2) (3) (4)

Please check to see that you have answered every statement.

S T C I - S <45i> (y)

Name (Code): |__|__|__|__|__|__|

your age: |__|__|

your gender: male O female O

Instructions:

The following statements refer to your **mood** and **mental state of the last year**. Please try as much as possible to describe the **feelings** you had and **state of mind** you were **predominantly** in **during the last year** by marking an X through one of the four alternatives.

Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

I had an even temper. (1) (2) (3) (4)

If you **strongly agree** with this statement, that is, if you predominantly had an even temper last year, **mark an X through (4)**. If you **strongly disagree**, that is, if you did not have an even temper at all, **mark an X through (1)**.

If you have difficulty answering a question, pick the option that most applies.

Please answer every question; do not omit any.

strongly disagree
moderately disagree
moderately agree
strongly agree

-
- 1. I felt good. (1) (2) (3) (4)
 - 2. I was in a bad mood. (1) (2) (3) (4)
 - 3. I was set for serious things. (1) (2) (3) (4)
 - 4. I felt gloomy. (1) (2) (3) (4)
 - 5. I felt chipper. (1) (2) (3) (4)

 - 6. I was depressed. (1) (2) (3) (4)
 - 7. I was in a mirthful mood. (1) (2) (3) (4)
 - 8. I had important things on my mind. (1) (2) (3) (4)
 - 9. I was in good spirits. (1) (2) (3) (4)
 - 10. I was in a pensive frame of mind. (1) (2) (3) (4)

 - 11. I was cheerful. (1) (2) (3) (4)
 - 12. I was at my wits' end. (1) (2) (3) (4)
 - 13. I could laugh at the drop of a hat. (1) (2) (3) (4)
 - 14. I didn't feel like making jokes or kidding around. (1) (2) (3) (4)
 - 15. I was not prepared for any silliness or nonsense. (1) (2) (3) (4)

 - 16. I felt stressed. (1) (2) (3) (4)
 - 17. I felt merry. (1) (2) (3) (4)
 - 18. I had a serious mental attitude. (1) (2) (3) (4)
 - 19. I was in a thoughtful mood. (1) (2) (3) (4)
 - 20. I was in a good mood. (1) (2) (3) (4)

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

21. I was not mentally set for superficial or shallow things. (1) (2) (3) (4)
22. I was in a serious frame of mind. (1) (2) (3) (4)
23. I felt great. (1) (2) (3) (4)
24. I was ill-humored. (1) (2) (3) (4)
25. I was sad. (1) (2) (3) (4)
26. My thoughts were profound. (1) (2) (3) (4)
27. I was ready to have some fun. (1) (2) (3) (4)
28. I didn't feel like laughing. (1) (2) (3) (4)
29. I was not mentally set for light-hearted things. (1) (2) (3) (4)
30. I was amused. (1) (2) (3) (4)
31. I saw the funny side of things. (1) (2) (3) (4)
32. I felt uncomfortable. (1) (2) (3) (4)
33. I preferred to be doing something significant. (1) (2) (3) (4)
34. I was peeved. (1) (2) (3) (4)
35. I was walking on air. (1) (2) (3) (4)
36. My mood was spoiled. (1) (2) (3) (4)
37. I regarded my situation objectively and soberly. (1) (2) (3) (4)
38. I was delighted. (1) (2) (3) (4)
39. I felt dejected. (1) (2) (3) (4)
40. I felt grouchy. (1) (2) (3) (4)
41. I was prepared to do a task in earnest. (1) (2) (3) (4)
42. I was in a crabby mood. (1) (2) (3) (4)
43. I felt downhearted. (1) (2) (3) (4)
44. I was in a sober frame of mind. (1) (2) (3) (4)
45. I was in a grumpy mood. (1) (2) (3) (4)

Please check to see that you have answered every statement.

S T C I - S <45i> (t)

Name (Code): |_|_|_|_|_|_|_|_|

your age: |_|_|

your gender: male O female O

Instructions:

The following statements refer to your **mood** and **mental state in general**. Please try as much as possible to describe **your habitual feelings and state of mind** by marking an X through one of the four alternatives.

Please use the following scale:

- (1) strongly disagree
- (2) moderately disagree
- (3) moderately agree
- (4) strongly agree

For example:

I have an even temper. (1) (2) (3) (4)

If you **strongly agree** with this statement, that is, if you generally have an even temper, **mark an X through (4)**. If you **strongly disagree**, that is, if you generally do not have an even temper at all, **mark an X through (1)**.

If you have difficulty answering a question, pick the option that most applies.

Please answer every question; do not omit any.

strongly disagree
moderately disagree
moderately agree
strongly agree

-
- 1. I feel good. (1) (2) (3) (4)
 - 2. I am in a bad mood. (1) (2) (3) (4)
 - 3. I am set for serious things. (1) (2) (3) (4)
 - 4. I feel gloomy. (1) (2) (3) (4)
 - 5. I feel chipper. (1) (2) (3) (4)

 - 6. I am depressed. (1) (2) (3) (4)
 - 7. I am in a mirthful mood. (1) (2) (3) (4)
 - 8. I have important things on my mind. (1) (2) (3) (4)
 - 9. I am in good spirits. (1) (2) (3) (4)
 - 10. I am in a pensive frame of mind. (1) (2) (3) (4)

 - 11. I am cheerful. (1) (2) (3) (4)
 - 12. I am at my wits' end. (1) (2) (3) (4)
 - 13. I could laugh at the drop of a hat. (1) (2) (3) (4)
 - 14. I don't feel like making jokes or kidding around. (1) (2) (3) (4)
 - 15. I'm not prepared for any silliness or nonsense. (1) (2) (3) (4)

 - 16. I feel stressed. (1) (2) (3) (4)
 - 17. I feel merry. (1) (2) (3) (4)
 - 18. I have a serious mental attitude. (1) (2) (3) (4)
 - 19. I am in a thoughtful mood. (1) (2) (3) (4)
 - 20. I am in a good mood. (1) (2) (3) (4)

strongly disagree
 moderately disagree
 moderately agree
 strongly agree

- 21. I am not mentally set for superficial or shallow things. (1) (2) (3) (4)
- 22. I am in a serious frame of mind. (1) (2) (3) (4)
- 23. I feel great. (1) (2) (3) (4)
- 24. I am ill-humored. (1) (2) (3) (4)
- 25. I am sad. (1) (2) (3) (4)

- 26. My thoughts are profound. (1) (2) (3) (4)
- 27. I am ready to have some fun. (1) (2) (3) (4)
- 28. I don't feel like laughing. (1) (2) (3) (4)
- 29. I am not mentally set for light-hearted things. (1) (2) (3) (4)
- 30. I am amused. (1) (2) (3) (4)

- 31. I see the funny side of things. (1) (2) (3) (4)
- 32. I feel uncomfortable. (1) (2) (3) (4)
- 33. I'd rather be doing something significant. (1) (2) (3) (4)
- 34. I am peeved. (1) (2) (3) (4)
- 35. I'm walking on air. (1) (2) (3) (4)

- 36. My mood is spoiled. (1) (2) (3) (4)
- 37. I regard my situation objectively and soberly. (1) (2) (3) (4)
- 38. I am delighted. (1) (2) (3) (4)
- 39. I feel dejected. (1) (2) (3) (4)
- 40. I feel grouchy. (1) (2) (3) (4)

- 41. I'm prepared to do a task in earnest. (1) (2) (3) (4)
- 42. I am in a crabby mood. (1) (2) (3) (4)
- 43. I feel downhearted. (1) (2) (3) (4)
- 44. I am in a sober frame of mind. (1) (2) (3) (4)
- 45. I am in a grumpy mood. (1) (2) (3) (4)

Please check to see that you have answered every statement.