

S T C I - T <60>

Name/Code: \_\_\_\_\_

Age: |\_\_|\_\_|

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.

- 
- 1 People often have reason to ask if something is eating me. .... (1) (2) (3) (4)
  - 2 My way of life can be described as positive and carefree. .... (1) (2) (3) (4)
  - 3 I very seldom act without a proper reason. .... (1) (2) (3) (4)
  - 4 I am a cheerful person. .... (1) (2) (3) (4)
  - 5 Most of my friends are more likely to be serious and reflective. .... (1) (2) (3) (4)
  - 6 Some annoying circumstances are capable of spoiling my mood for quite a while. (1) (2) (3) (4)
  - 7 I prefer conversations that deal with important things and are very profound. ... (1) (2) (3) (4)
  - 8 Sometimes I have the feeling of an inner emptiness. .... (1) (2) (3) (4)
  - 9 I can be made to laugh easily. .... (1) (2) (3) (4)
  - 10 I find it unnecessary when people exaggerate in talking to me. .... (1) (2) (3) (4)
  - 11 Compared to others, I really can be grumpy and grouchy. .... (1) (2) (3) (4)
  - 12 I plan my actions and make my decisions so that they are useful to me  
in the long run. .... (1) (2) (3) (4)
  - 13 I often feel despondent. .... (1) (2) (3) (4)
  - 14 I can easily unwind and enjoy the moment. .... (1) (2) (3) (4)
  - 15 I am a serious person. .... (1) (2) (3) (4)

- 16 Everyday life often gives me the occasion to laugh. .... (1) (2) (3) (4)
- 17 I often think, "For heaven's sake, don't bother me today." ..... (1) (2) (3) (4)
- 18 In my life, I like to have everything correct. .... (1) (2) (3) (4)
- 19 I have a "sunny" nature. .... (1) (2) (3) (4)
- 20 When I watch TV, I prefer informative reports to "shallow" programs. .... (1) (2) (3) (4)
- 21 When I am distressed, even a very funny thing fails to cheer me up. .... (1) (2) (3) (4)
- 22 I often smile. .... (1) (2) (3) (4)
- 23 In everything I do, I always consider every possible effect and compare  
all pros and cons carefully. .... (1) (2) (3) (4)
- 24 When friends try to cheer me up by joking or fooling around, I sometimes  
become more morose and grumpy. .... (1) (2) (3) (4)
- 25 Laughing has a contagious effect on me. .... (1) (2) (3) (4)
- 26 I often find that the small things in everyday life are really funny and amusing. (1) (2) (3) (4)
- 27 There are many days on which I think, "I got up on the wrong side of bed."..... (1) (2) (3) (4)
- 28 In most situations, I initially see the serious aspect. .... (1) (2) (3) (4)
- 29 Sometimes I am sad without any reason. .... (1) (2) (3) (4)
- 30 I like to laugh and do it often. .... (1) (2) (3) (4)
- 31 My mood is often not the best one. .... (1) (2) (3) (4)
- 32 I am a merry person. .... (1) (2) (3) (4)
- 33 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)
- 34 Even if there is no reason, I often feel ill-humored. .... (1) (2) (3) (4)
- 35 Many adversities of everyday life actually do have a positive side. .... (1) (2) (3) (4)
- 36 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)
- 37 I am often in a bad mood. .... (1) (2) (3) (4)
- 38 I feel completely contented being with cheerful people. .... (1) (2) (3) (4)

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

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- 39 My everyday life is filled mainly with important things and matters. .... (1) (2) (3) (4)
- 40 Sometimes I am distressed for a very long time. .... (1) (2) (3) (4)
- 41 The good mood of others has a contagious effect on me. .... (1) (2) (3) (4)
- 42 I don't understand how others can waste their time on senseless matters. .... (1) (2) (3) (4)
- 43 I am often sullen. .... (1) (2) (3) (4)
- 44 I often find the slight mishaps of everyday life amusing, even  
if they happen to me. .... (1) (2) (3) (4)
- 45 My acquaintances often get on my nerves. .... (1) (2) (3) (4)
- 46 I am often in a good mood, even without a specific reason. .... (1) (2) (3) (4)
- 47 I tend to plan far in advance and to set long-term goals for myself. .... (1) (2) (3) (4)
- 48 I often feel so gloomy that nothing can make me laugh. .... (1) (2) (3) (4)
- 49 Even seemingly trivial things have to be treated seriously and responsibly..... (1) (2) (3) (4)
- 50 I am often in a joyous mood. .... (1) (2) (3) (4)
- 51 If I am in a bad mood, I can't stand the presence of cheerful people. .... (1) (2) (3) (4)
- 52 I try to spend my free time doing things as useful as possible. .... (1) (2) (3) (4)
- 53 Experience has shown me that the proverb "Laughter is the best medicine"  
is really true. .... (1) (2) (3) (4)
- 54 I am a rather sad person. .... (1) (2) (3) (4)
- 55 I prefer people who communicate with deliberation and objectivity. .... (1) (2) (3) (4)
- 56 I often feel so weary that I cannot rouse myself to do anything. .... (1) (2) (3) (4)
- 57 I like to kid around with others. .... (1) (2) (3) (4)
- 58 When I communicate with other people, I always try to have an  
objective and sober exchange of ideas. .... (1) (2) (3) (4)
- 59 It is easy for me to spread good cheer. .... (1) (2) (3) (4)
- 60 One of my principles is: "first work, then play." .... (1) (2) (3) (4)
- 

Please check to see that you have answered **every** statement.

S T C I - T <60> p e e r

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.

- 
- 1 People often have reason to ask \_\_\_\_ if something is eating him/her. .... (1) (2) (3) (4)
  - 2 \_\_\_\_'s way of life can be described as positive and carefree. .... (1) (2) (3) (4)
  - 3 \_\_\_\_ very seldom acts without a proper reason. .... (1) (2) (3) (4)
  - 4 \_\_\_\_ is a cheerful person. .... (1) (2) (3) (4)
  - 5 Most of \_\_\_\_'s friends are more likely to be serious and reflective. .... (1) (2) (3) (4)
  - 6 Some annoying circumstances are capable of spoiling \_\_\_\_'s mood for quite a while. (1) (2) (3) (4)
  - 7 \_\_\_\_ prefers conversations that deal with important things and are very profound. (1) (2) (3) (4)
  - 8 Sometimes \_\_\_\_ seems to have the feeling of an inner emptiness. .... (1) (2) (3) (4)
  - 9 \_\_\_\_ can be made to laugh easily. .... (1) (2) (3) (4)
  - 10 \_\_\_\_ finds it unnecessary when people exaggerate in talking to him/her. .... (1) (2) (3) (4)
  - 11 Compared to others, \_\_\_\_ really can be grumpy and grouchy. .... (1) (2) (3) (4)
  - 12 \_\_\_\_ 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)
  - 13 \_\_\_\_ often feels despondent. .... (1) (2) (3) (4)

- 14 \_\_\_ can easily unwind and enjoy the moment. .... (1) (2) (3) (4)
- 15 \_\_\_ is a serious person. .... (1) (2) (3) (4)
- 16 Everyday life often gives \_\_\_ the occasion to laugh. .... (1) (2) (3) (4)
- 17 \_\_\_ often seems to think: "For heaven's sake, don't bother me today." .... (1) (2) (3) (4)
- 18 In \_\_\_'s life, he/she likes to have everything correct. .... (1) (2) (3) (4)
- 19 \_\_\_ has a "sunny" nature. .... (1) (2) (3) (4)
- 20 When \_\_\_ watches TV, he/she prefers informative reports to "shallow" programs. .... (1) (2) (3) (4)
- 21 When \_\_\_ is distressed, even a very funny thing fails to cheer him/her up. .... (1) (2) (3) (4)
- 22 \_\_\_ often smiles. .... (1) (2) (3) (4)
- 23 In everything \_\_\_ does, he/she always considers every possible effect and compares all pros and cons carefully. .... (1) (2) (3) (4)
- 24 When friends try to cheer \_\_\_ up by joking or fooling around, he/she sometimes becomes more morose and grumpy. .... (1) (2) (3) (4)
- 25 Laughing has a contagious effect on \_\_\_\_\_. .... (1) (2) (3) (4)
- 26 \_\_\_ often finds that the small things in everyday life are really funny and amusing. .... (1) (2) (3) (4)
- 27 There are many days on which \_\_\_ seems to think:  
"I got up on the wrong side of the bed." .... (1) (2) (3) (4)
- 28 In most situations, \_\_\_ initially sees the serious aspect. .... (1) (2) (3) (4)
- 29 Sometimes \_\_\_ is sad without any reason. .... (1) (2) (3) (4)
- 30 \_\_\_ likes to laugh and does it often. .... (1) (2) (3) (4)
- 31 \_\_\_'s mood is often not the best one. .... (1) (2) (3) (4)
- 32 \_\_\_ is a merry person. .... (1) (2) (3) (4)
- 33 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)
- 34 Even if there is no reason, \_\_\_ often feels ill-humored. .... (1) (2) (3) (4)
- 35 \_\_\_ seems to think: "Many adversities of everyday life actually do have a positive side." .... (1) (2) (3) (4)
- 36 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)
- 37 \_\_\_ is often in a bad mood. .... (1) (2) (3) (4)
- 38 \_\_\_ seems to be completely contented being with cheerful people. .... (1) (2) (3) (4)
- 39 \_\_\_'s everyday life is filled mainly with important things and matters. .... (1) (2) (3) (4)

- 40 Sometimes \_\_\_ is distressed for a very long time. .... (1) (2) (3) (4)
- 41 The good mood of others has a contagious effect on \_\_\_\_. .... (1) (2) (3) (4)
- 42 \_\_\_ understands how others can waste their time on senseless matters. .... (1) (2) (3) (4)
- 43 \_\_\_ is often sullen. .... (1) (2) (3) (4)
- 44 \_\_\_ often finds the slight mishaps of everyday life amusing, even if they happen to him/her. .... (1) (2) (3) (4)
- 45 \_\_\_'s acquaintances often seem to get on his/her nerves. .... (1) (2) (3) (4)
- 46 \_\_\_ is often in a good mood, even without a specific reason. .... (1) (2) (3) (4)
- 47 \_\_\_ tends to plan far in advance and to set long-term goals for himself/herself. .... (1) (2) (3) (4)
- 48 \_\_\_ often seems to feel so gloomy that nothing can make him/her laugh. .... (1) (2) (3) (4)
- 49 \_\_\_ is of the opinion that even seemingly trivial things have to be treated seriously and responsibly. .... (1) (2) (3) (4)
- 50 \_\_\_ is often in a joyous mood. .... (1) (2) (3) (4)
- 51 If \_\_\_ is in a bad mood, he/she can't stand the presence of cheerful people. .... (1) (2) (3) (4)
- 52 \_\_\_ tries to spend his/her free time doing things as useful as possible. .... (1) (2) (3) (4)
- 53 Experience seems to have shown \_\_\_ that the proverb "Laughter is the best medicine" is really true. .... (1) (2) (3) (4)
- 54 \_\_\_ is a rather sad person. .... (1) (2) (3) (4)
- 55 \_\_\_ prefers people who communicate with deliberation and objectivity. .... (1) (2) (3) (4)
- 56 \_\_\_ often seems to feel so weary that he/she cannot rouse himself/herself to do anything. .... (1) (2) (3) (4)
- 57 \_\_\_ likes to kid around with others. .... (1) (2) (3) (4)
- 58 When \_\_\_ communicates with other people, he/she always tries to have an objective and sober exchange of ideas. .... (1) (2) (3) (4)
- 59 It is easy for \_\_\_ to spread good cheer. .... (1) (2) (3) (4)
- 60 One of \_\_\_'s principles is: "First work, then play." .... (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.

Please estimate how familiar you are with this person:

(1) (2) (3) (4) (5) (6) (7)

very slightly  
familiar

partly  
familiar

very  
familiar

**Thank you for your cooperation.**

# STCI - S <30>

Name (Code): \_\_\_\_\_

Age: |\_\_|\_\_|

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 have an even temper at this moment, 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.

- 
1. I am in a bad mood. .... (1) (2) (3) (4)
  2. I am set for serious things. .... (1) (2) (3) (4)
  3. I feel chipper. .... (1) (2) (3) (4)
  4. I am sad. .... (1) (2) (3) (4)
  5. I have important things on my mind. .... (1) (2) (3) (4)
  6. I am cheerful. .... (1) (2) (3) (4)
  7. I am in a thoughtful mood. .... (1) (2) (3) (4)
  8. I could laugh at the drop of a hat. .... (1) (2) (3) (4)
  9. I feel grouchy. .... (1) (2) (3) (4)
  10. I have a serious mental attitude. .... (1) (2) (3) (4)
  11. I feel merry. .... (1) (2) (3) (4)
  12. I feel downhearted. .... (1) (2) (3) (4)
  13. I am in a pensive frame of mind. .... (1) (2) (3) (4)
  14. I am ill-humored. .... (1) (2) (3) (4)
  15. My thoughts are profound. .... (1) (2) (3) (4)
  16. I feel great. .... (1) (2) (3) (4)
  17. My mood is spoiled. .... (1) (2) (3) (4)
  18. I am in a serious frame of mind. .... (1) (2) (3) (4)
  19. I am amused. .... (1) (2) (3) (4)
  20. I am peeved. .... (1) (2) (3) (4)
  21. I see the funny side of things. .... (1) (2) (3) (4)
  22. I regard my situation objectively and soberly. .... (1) (2) (3) (4)
  23. I'm walking on air. .... (1) (2) (3) (4)
  24. I feel gloomy. .... (1) (2) (3) (4)
  25. I am in a crabby mood. .... (1) (2) (3) (4)
  26. I am delighted. .... (1) (2) (3) (4)
  27. I feel dejected. .... (1) (2) (3) (4)
  28. I'm prepared to do a task in earnest. .... (1) (2) (3) (4)
  29. I am ready to have some fun. .... (1) (2) (3) (4)
  30. I am in a sober frame of mind. .... (1) (2) (3) (4)

# STCI - S <30> (d)

Name (Code): \_\_\_\_\_

Age: | | | |

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 solution that most applies.

Please answer every question, do not omit any.

1. I was in a bad mood. .... (1) (2) (3) (4)
2. I was set for serious things. .... (1) (2) (3) (4)
3. I felt chipper. .... (1) (2) (3) (4)
4. I was sad. .... (1) (2) (3) (4)
5. I had important things on my mind. .... (1) (2) (3) (4)
6. I was cheerful. .... (1) (2) (3) (4)
7. I was in a thoughtful mood. .... (1) (2) (3) (4)
8. I could laugh at the drop of a hat. .... (1) (2) (3) (4)
9. I felt grouchy. .... (1) (2) (3) (4)
10. I had a serious mental attitude. .... (1) (2) (3) (4)
11. I felt merry. .... (1) (2) (3) (4)
12. I felt downhearted. .... (1) (2) (3) (4)
13. I was in a pensive frame of mind. .... (1) (2) (3) (4)
14. I was ill-humored. .... (1) (2) (3) (4)
15. My thoughts were profound. .... (1) (2) (3) (4)
16. I felt great. .... (1) (2) (3) (4)
17. My mood was spoiled. .... (1) (2) (3) (4)
18. I was in a serious frame of mind. .... (1) (2) (3) (4)
19. I was amused. .... (1) (2) (3) (4)
20. I was peeved. .... (1) (2) (3) (4)
21. I saw the funny side of things. .... (1) (2) (3) (4)
22. I regarded my situation objectively and soberly. .... (1) (2) (3) (4)
23. I was walking on air. .... (1) (2) (3) (4)
24. I felt gloomy. .... (1) (2) (3) (4)
25. I was in a crabby mood. .... (1) (2) (3) (4)
26. I was delighted. .... (1) (2) (3) (4)
27. I felt dejected. .... (1) (2) (3) (4)
28. I was prepared to do a task in earnest. .... (1) (2) (3) (4)
29. I was ready to have some fun. .... (1) (2) (3) (4)
30. I was in a sober frame of mind. .... (1) (2) (3) (4)



# STCI - S <30> (w)

Name (Code): \_\_\_\_\_

Age: | | |

Gender: male  female

## 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 solution that most applies.

Please answer every question, do not omit any.

- 
1. I was in a bad mood. .... (1) (2) (3) (4)
  2. I was set for serious things. .... (1) (2) (3) (4)
  3. I felt chipper. .... (1) (2) (3) (4)
  4. I was sad. .... (1) (2) (3) (4)
  5. I had important things on my mind. .... (1) (2) (3) (4)
  6. I was cheerful. .... (1) (2) (3) (4)
  7. I was in a thoughtful mood. .... (1) (2) (3) (4)
  8. I could laugh at the drop of a hat. .... (1) (2) (3) (4)
  9. I felt grouchy. .... (1) (2) (3) (4)
  10. I had a serious mental attitude. .... (1) (2) (3) (4)
  11. I felt merry. .... (1) (2) (3) (4)
  12. I felt downhearted. .... (1) (2) (3) (4)
  13. I was in a pensive frame of mind. .... (1) (2) (3) (4)
  14. I was ill-humored. .... (1) (2) (3) (4)
  15. My thoughts were profound. .... (1) (2) (3) (4)
  16. I felt great. .... (1) (2) (3) (4)
  17. My mood was spoiled. .... (1) (2) (3) (4)
  18. I was in a serious frame of mind. .... (1) (2) (3) (4)
  19. I was amused. .... (1) (2) (3) (4)
  20. I was peeved. .... (1) (2) (3) (4)
  21. I saw the funny side of things. .... (1) (2) (3) (4)
  22. I regarded my situation objectively and soberly. .... (1) (2) (3) (4)
  23. I was walking on air. .... (1) (2) (3) (4)
  24. I felt gloomy. .... (1) (2) (3) (4)
  25. I was in a crabby mood. .... (1) (2) (3) (4)
  26. I was delighted. .... (1) (2) (3) (4)
  27. I felt dejected. .... (1) (2) (3) (4)
  28. I was prepared to do a task in earnest. .... (1) (2) (3) (4)
  29. I was ready to have some fun. .... (1) (2) (3) (4)
  30. I was in a sober frame of mind. .... (1) (2) (3) (4)

# S T C I - S <30> (m)

Name (Code): \_\_\_\_\_

Age: | | | |

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 solution that most applies.

Please answer every question, do not omit any.

1. I was in a bad mood. .... (1) (2) (3) (4)
2. I was set for serious things. .... (1) (2) (3) (4)
3. I felt chipper. .... (1) (2) (3) (4)
4. I was sad. .... (1) (2) (3) (4)
5. I had important things on my mind. .... (1) (2) (3) (4)
6. I was cheerful. .... (1) (2) (3) (4)
7. I was in a thoughtful mood. .... (1) (2) (3) (4)
8. I could laugh at the drop of a hat. .... (1) (2) (3) (4)
9. I felt grouchy. .... (1) (2) (3) (4)
10. I had a serious mental attitude. .... (1) (2) (3) (4)
11. I felt merry. .... (1) (2) (3) (4)
12. I felt downhearted. .... (1) (2) (3) (4)
13. I was in a pensive frame of mind. .... (1) (2) (3) (4)
14. I was ill-humored. .... (1) (2) (3) (4)
15. My thoughts were profound. .... (1) (2) (3) (4)
16. I felt great. .... (1) (2) (3) (4)
17. My mood was spoiled. .... (1) (2) (3) (4)
18. I was in a serious frame of mind. .... (1) (2) (3) (4)
19. I was amused. .... (1) (2) (3) (4)
20. I was peeved. .... (1) (2) (3) (4)
21. I saw the funny side of things. .... (1) (2) (3) (4)
22. I regarded my situation objectively and soberly. .... (1) (2) (3) (4)
23. I was walking on air. .... (1) (2) (3) (4)
24. I felt gloomy. .... (1) (2) (3) (4)
25. I was in a crabby mood. .... (1) (2) (3) (4)
26. I was delighted. .... (1) (2) (3) (4)
27. I felt dejected. .... (1) (2) (3) (4)
28. I was prepared to do a task in earnest. .... (1) (2) (3) (4)
29. I was ready to have some fun. .... (1) (2) (3) (4)
30. I was in a sober frame of mind. .... (1) (2) (3) (4)

# STCI - S <30> (y)

Name (Code): \_\_\_\_\_

Age: | | | |

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 have 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 solution that most applies.

Please answer every question, do not omit any.

1. I was in a bad mood. .... (1) (2) (3) (4)
2. I was set for serious things. .... (1) (2) (3) (4)
3. I felt chipper. .... (1) (2) (3) (4)
4. I was sad. .... (1) (2) (3) (4)
5. I had important things on my mind. .... (1) (2) (3) (4)
6. I was cheerful. .... (1) (2) (3) (4)
7. I was in a thoughtful mood. .... (1) (2) (3) (4)
8. I could laugh at the drop of a hat. .... (1) (2) (3) (4)
9. I felt grouchy. .... (1) (2) (3) (4)
10. I had a serious mental attitude. .... (1) (2) (3) (4)
11. I felt merry. .... (1) (2) (3) (4)
12. I felt downhearted. .... (1) (2) (3) (4)
13. I was in a pensive frame of mind. .... (1) (2) (3) (4)
14. I was ill-humored. .... (1) (2) (3) (4)
15. My thoughts were profound. .... (1) (2) (3) (4)
16. I felt great. .... (1) (2) (3) (4)
17. My mood was spoiled. .... (1) (2) (3) (4)
18. I was in a serious frame of mind. .... (1) (2) (3) (4)
19. I was amused. .... (1) (2) (3) (4)
20. I was peeved. .... (1) (2) (3) (4)
21. I saw the funny side of things. .... (1) (2) (3) (4)
22. I regarded my situation objectively and soberly. .... (1) (2) (3) (4)
23. I was walking on air. .... (1) (2) (3) (4)
24. I felt gloomy. .... (1) (2) (3) (4)
25. I was in a crabby mood. .... (1) (2) (3) (4)
26. I was delighted. .... (1) (2) (3) (4)
27. I felt dejected. .... (1) (2) (3) (4)
28. I was prepared to do a task in earnest. .... (1) (2) (3) (4)
29. I was ready to have some fun. .... (1) (2) (3) (4)
30. I was in a sober frame of mind. .... (1) (2) (3) (4)

# STCI - S <30> (t)

Name (Code): \_\_\_\_\_

Age: | | | |

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 solution that most applies.

Please answer every question, do not omit any.

1. I am in a bad mood. .... (1) (2) (3) (4)
2. I am set for serious things. .... (1) (2) (3) (4)
3. I feel chipper. .... (1) (2) (3) (4)
4. I am sad. .... (1) (2) (3) (4)
5. I have important things on my mind. .... (1) (2) (3) (4)
6. I am cheerful. .... (1) (2) (3) (4)
7. I am in a thoughtful mood. .... (1) (2) (3) (4)
8. I could laugh at the drop of a hat. .... (1) (2) (3) (4)
9. I feel grouchy. .... (1) (2) (3) (4)
10. I have a serious mental attitude. .... (1) (2) (3) (4)
11. I feel merry. .... (1) (2) (3) (4)
12. I feel downhearted. .... (1) (2) (3) (4)
13. I am in a pensive frame of mind. .... (1) (2) (3) (4)
14. I am ill-humored. .... (1) (2) (3) (4)
15. My thoughts are profound. .... (1) (2) (3) (4)
16. I feel great. .... (1) (2) (3) (4)
17. My mood is spoiled. .... (1) (2) (3) (4)
18. I am in a serious frame of mind. .... (1) (2) (3) (4)
19. I am amused. .... (1) (2) (3) (4)
20. I am peeved. .... (1) (2) (3) (4)
21. I see the funny side of things. .... (1) (2) (3) (4)
22. I regard my situation objectively and soberly. .... (1) (2) (3) (4)
23. I'm walking on air. .... (1) (2) (3) (4)
24. I feel gloomy. .... (1) (2) (3) (4)
25. I am in a crabby mood. .... (1) (2) (3) (4)
26. I am delighted. .... (1) (2) (3) (4)
27. I feel dejected. .... (1) (2) (3) (4)
28. I'm prepared to do a task in earnest. .... (1) (2) (3) (4)
29. I am ready to have some fun. .... (1) (2) (3) (4)
30. I am in a sober frame of mind. .... (1) (2) (3) (4)

### Scoring key for the STCI-T<60>

The standard version of the STCI-T (with 60 items) measures three dimensions: trait-cheerfulness (CH), trait-seriousness (SE), and trait-bad mood (BM).

The four answer alternatives are coded as follows: "strongly disagree" = 1, "moderately disagree" = 2, "moderately agree" = 3, and "strongly agree" = 4.

Below you find the formulas for the three scales.

CH: 2 + 4 + 9 + 14 + 16 + 19 + 22 + 25 + 26 + 30 + 32 + 35 + 38 + 41 +  
44 + 46 + 50 + 53 + 57 + 59

SE: 3 + 5 + 7 + 10 + 12 + 15 + 18 + 20 + 23 + 28 + 33 + 36 + 39 + 42 +  
47 + 49 + 52 + 55 + 58 + 60

BM: 1 + 6 + 8 + 11 + 13 + 17 + 21 + 24 + 27 + 29 + 31 + 34 + 37 + 40 +  
43 + 45 + 48 + 51 + 54 + 56

### Scoring key for the STCI-S<30>

The standard version of the STCI-S (with 30 items) measures three dimensions: state-cheerfulness (CH), state-seriousness (SE), and state-bad mood (BM).

The four answer alternatives are coded as follows: "strongly disagree" = 1, "moderately disagree" = 2, "moderately agree" = 3, and "strongly agree" = 4.

Below you find the formulas for computing the scores of the three dimensions.

CH: 3 + 6 + 8 + 11 + 16 + 19 + 21 + 23 + 26 + 29

SE: 2 + 5 + 7 + 10 + 13 + 15 + 18 + 22 + 28 + 30

BM: 1 + 4 + 9 + 12 + 14 + 17 + 20 + 24 + 25 + 27

Below you find the formulas for computing the scores of the seven sub-clusters.

Cluster cheerful: 6 + 16 + 21 + 23 + 26

Cluster hilarity: 3 + 8 + 11 + 19 + 29

Cluster earnest: 2 + 18 + 28

Cluster pensive: 5 + 7 + 13 + 15

Cluster sober: 10 + 22 + 30

Cluster sad: 4 + 12 + 17 + 24 + 27

Cluster ill-humored: 1 + 9 + 14 + 20 + 25

### Scoring key for the STCI-S<18>

The short version of the STCI-S (with 18 items) measures three dimensions: state-cheerfulness (CH), state-seriousness (SE), and state-bad mood (BM).

The four answer alternatives are coded as follows: "strongly disagree" = 1, "moderately disagree" = 2, "moderately agree" = 3, and "strongly agree" = 4.

Below you find the formulas for computing the scores of the three dimensions.

CH: 3 + 7 + 9 + 11 + 13 + 17

SE: 2 + 4 + 8 + 12 + 14 + 15

BM: 1 + 5 + 6 + 10 + 16 + 18

