

S T C I - 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 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 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> (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)

S T C I - 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)

S T C I - 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)