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 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 feel gloomy. ............................................................... (1) (2) (3) (4)
2. I am set for serious things. ............................................................... (1) (2) (3) (4)
3. I am cheerful. ............................................................... (1) (2) (3) (4)
4. I have important things on my mind. ............................................................... (1) (2) (3) (4)
5. I am in a crabby mood. ............................................................... (1) (2) (3) (4)
6. I am sad. ............................................................... (1) (2) (3) (4)
7. I am ready to have some fun. ............................................................... (1) (2) (3) (4)
8. I have a serious mental attitude. ............................................................... (1) (2) (3) (4)
9. I could laugh at the drop of a hat. ............................................................... (1) (2) (3) (4)
10. I am peeved. ............................................................... (1) (2) (3) (4)
11. I'm walking on air. ............................................................... (1) (2) (3) (4)
12. I regard my situation objectively and soberly. ............................................................... (1) (2) (3) (4)
13. I am amused. ............................................................... (1) (2) (3) (4)
14. I am in a serious frame of mind. ............................................................... (1) (2) (3) (4)
15. I am in a thoughtful mood. ............................................................... (1) (2) (3) (4)
16. I feel dejected. ............................................................... (1) (2) (3) (4)
17. I am delighted. ............................................................... (1) (2) (3) (4)
18. I feel grouchy. ............................................................... (1) (2) (3) (4)

Please check to see that you have answered every statement.

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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 felt gloomy. ................................................................................................ (1) (2) (3) (4)
2. I was set for serious things. ........................................................................... (1) (2) (3) (4)
3. I was cheerful. ............................................................................................... (1) (2) (3) (4)
4. I had important things on my mind. ............................................................. (1) (2) (3) (4)
5. I was in a crabby mood. .............................................................................. (1) (2) (3) (4)
6. I was sad. ...................................................................................................... (1) (2) (3) (4)
7. I was ready to have some fun. ...................................................................... (1) (2) (3) (4)
8. I had a serious mental attitude. .................................................................... (1) (2) (3) (4)
9. I could laugh at the drop of a hat. ................................................................ (1) (2) (3) (4)
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18. I felt grouchy. ............................................................................................ (1) (2) (3) (4)

Please check to see that you have answered every statement.

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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:

<table>
<thead>
<tr>
<th></th>
<th>(1) strongly disagree</th>
<th>(2) moderately disagree</th>
<th>(3) moderately agree</th>
<th>(4) strongly agree</th>
</tr>
</thead>
</table>

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.

<table>
<thead>
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<th></th>
<th>(1) (2) (3) (4)</th>
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Please check to see that you have answered every statement.

© Ruch, Köhler, Deckers, & Carrell, 1994
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 felt gloomy. ................................................................. (1)  (2)  (3)  (4)
2. I was set for serious things. ........................................ (1)  (2)  (3)  (4)
3. I was cheerful. .............................................................. (1)  (2)  (3)  (4)
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5. I was in a crabby mood. ................................................ (1)  (2)  (3)  (4)
6. I was sad. ................................................................. (1)  (2)  (3)  (4)
7. I was ready to have some fun. ........................................ (1)  (2)  (3)  (4)
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18. I felt grouchy. ............................................................ (1)  (2)  (3)  (4)

Please check to see that you have answered every statement.

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**STCI-S <18> (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 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 solution that most applies.

<table>
<thead>
<tr>
<th>Question</th>
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</table>

Please check to see that you have answered every statement.

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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.

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<td>6. I am sad. ............................................................... (1) (2) (3) (4)</td>
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Please check to see that you have answered every statement.