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.

<table>
<thead>
<tr>
<th></th>
<th>People often have reason to ask if something is eating me.</th>
<th></th>
<th>My way of life can be described as positive and carefree.</th>
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<tbody>
<tr>
<td>1</td>
<td>(1) (2) (3) (4)</td>
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<td>3</td>
<td>I very seldom act without a proper reason.</td>
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<td>I prefer conversations that deal with important things and are very profound.</td>
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<td>4</td>
<td>(1) (2) (3) (4)</td>
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<td>8</td>
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<td>(1) (2) (3) (4)</td>
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<td>(1) (2) (3) (4)</td>
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© Ruch, Köhler, Deckers, & Carrell, 1995 After checking **every** statement, turn the page.
<p>| | | | | |</p>
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<td>Everyday life often gives me the occasion to laugh. ................................................................. (1) (2) (3) (4)</td>
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<td>17</td>
<td>I often think, &quot;For heaven's sake, don't bother me today.&quot; ................................................................. (1) (2) (3) (4)</td>
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<td>21</td>
<td>When I am distressed, even a very funny thing fails to cheer me up. ......... (1) (2) (3) (4)</td>
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<td>22</td>
<td>I often smile. ...................................................................................................................... (1) (2) (3) (4)</td>
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<td>23</td>
<td>In everything I do, I always consider every possible effect and compare all pros and cons carefully. .................................................................................................................. (1) (2) (3) (4)</td>
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<td>25</td>
<td>Laughing has a contagious effect on me. .................................................................................. (1) (2) (3) (4)</td>
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<td>26</td>
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<td>There are many days on which I think, &quot;I got up on the wrong side of bed.&quot;..... (1) (2) (3) (4)</td>
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<td>28</td>
<td>In most situations, I initially see the serious aspect. ............................................................... (1) (2) (3) (4)</td>
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<td>29</td>
<td>Sometimes I am sad without any reason. .................................................................................. (1) (2) (3) (4)</td>
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<td>30</td>
<td>I like to laugh and do it often. .......................................................................................... (1) (2) (3) (4)</td>
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<td>31</td>
<td>My mood is often not the best one. .................................................................................. (1) (2) (3) (4)</td>
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<td>32</td>
<td>I am a merry person. ............................................................................................................. (1) (2) (3) (4)</td>
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<td>Even if there is no reason, I often feel ill-humored. ........................................................................ (1) (2) (3) (4)</td>
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<td>35</td>
<td>Many adversities of everyday life actually do have a positive side. .................................. (1) (2) (3) (4)</td>
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<td>36</td>
<td>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)</td>
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<td>Question</td>
<td>(1) strongly disagree</td>
<td>(2) moderately disagree</td>
<td>(3) moderately agree</td>
<td>(4) strongly agree</td>
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<td>My everyday life is filled mainly with important things and matters.</td>
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<td>Sometimes I am distressed for a very long time.</td>
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<td>The good mood of others has a contagious effect on me.</td>
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<td>I don't understand how others can waste their time on senseless matters.</td>
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</table>

Please check to see that you have answered every statement.
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)
(1) strongly disagree  (2) moderately disagree  (3) moderately agree  (4) strongly agree

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 partly very
familiar familiar familiar

Thank you for your cooperation.
Instructions:

The following statements refer to your current mood and mental state. Please try as much as possible to describe your 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)

Please check to see that you have answered every statement.
The following statements refer to your mood and mental state of today. Please try as much as possible to describe how you had and state of mind you were predominantly in today's mood and mental state of today. 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, you predominantly had an even temper today, mark an X through (4). If you strongly disagree, that is, 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> (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)

Please check to see that you have answered every statement.

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

**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.

<p>| | | | |</p>
<table>
<thead>
<tr>
<th></th>
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<tbody>
<tr>
<td>1</td>
<td>I was in a bad mood.</td>
<td>(1) (2) (3) (4)</td>
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<tr>
<td>2</td>
<td>I was set for serious things.</td>
<td>(1) (2) (3) (4)</td>
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<tr>
<td>3</td>
<td>I felt chipper.</td>
<td>(1) (2) (3) (4)</td>
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<tr>
<td>4</td>
<td>I was sad.</td>
<td>(1) (2) (3) (4)</td>
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<tr>
<td>5</td>
<td>I had important things on my mind.</td>
<td>(1) (2) (3) (4)</td>
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<tr>
<td>6</td>
<td>I was cheerful.</td>
<td>(1) (2) (3) (4)</td>
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<tr>
<td>7</td>
<td>I was in a thoughtful mood.</td>
<td>(1) (2) (3) (4)</td>
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<td>8</td>
<td>I could laugh at the drop of a hat.</td>
<td>(1) (2) (3) (4)</td>
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<td>9</td>
<td>I felt grouchy.</td>
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<td>10</td>
<td>I had a serious mental attitude.</td>
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<td>11</td>
<td>I felt merry.</td>
<td>(1) (2) (3) (4)</td>
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<td>12</td>
<td>I felt downhearted.</td>
<td>(1) (2) (3) (4)</td>
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<td>13</td>
<td>I was in a pensive frame of mind.</td>
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<td>I was ill-humored.</td>
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<td>I was in a serious frame of mind.</td>
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</tr>
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<td>19</td>
<td>I was amused.</td>
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<tr>
<td>21</td>
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<td>22</td>
<td>I regarded my situation objectively and soberly.</td>
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<td>25</td>
<td>I was in a crabby mood.</td>
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<td>26</td>
<td>I was delighted.</td>
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<td>28</td>
<td>I was prepared to do a task in earnest.</td>
<td>(1) (2) (3) (4)</td>
<td></td>
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<tr>
<td>29</td>
<td>I was ready to have some fun.</td>
<td>(1) (2) (3) (4)</td>
<td></td>
</tr>
<tr>
<td>30</td>
<td>I was in a sober frame of mind.</td>
<td>(1) (2) (3) (4)</td>
<td></td>
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</tbody>
</table>

© Ruch, Köhler, Deckers, & Carrell, 1994 Please check to see that you have answered every statement.
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 peevied. ................................................................. (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: I__I__I Gender: male O female O

Please check to see that you have answered every statement.
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)  
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23. I'm walking on air. ................................................................. (1) (2) (3) (4)  
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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: \[1 + 5 + 6 + 10 + 16 + 18\]