Simplified Affective State Scale

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Simplified Mood Subscale

Simplified Anxiety Subscale
Simple Affective State Scale

Mood Subscale
For each item, mark the scale with a vertical line where you think you are at this moment in time, compared to lowest and highest you ever remember being:

1) Mood
How good is your mood right now?

[-------------------------------------------]

Lowest Highest

2) Motivation to do things
How is your motivation, your drive, your determination to do things right now?

[-------------------------------------------]

Lowest Highest

3) Movement activity
How high is your physical energy and the amount of moving about that you feel like doing right now?

[-------------------------------------------]

Lowest Highest

4) Thinking activity
How high is your mental energy and thinking activity going on in your mind right now?

[-------------------------------------------]

Lowest Highest
Affective State Scale

Mood Subscale (cont.)

5) Self-esteem
How good do you feel about yourself and your accomplishments right now?

[-----------------------------------------------]

Lowest	Highest

6) Interest in pleasurable activities
How high is your interest to do things that are fun and enjoyable right now?

[-----------------------------------------------]

Lowest	Highest

7) Appetite
How high is your appetite and desire for food right now?

[-----------------------------------------------]

Lowest	Highest
Anxiety Subscale

1) Anxiety
How anxious are you right now?

[----------------------------------------]
Lowest Highest

2) Uncertainty
How uncertain about things do you feel right now?

[----------------------------------------]
Lowest Highest

3) Fear
How frightened about things do you feel right now?

[----------------------------------------]
Lowest Highest

4) Anger
How angry about things do you feel right now?

[----------------------------------------]
Lowest Highest

Comments (optional):
Describe events or actions that you think are influencing how you feel now. Describe any additional feelings you might have at this moment in time: