Simplified Affective State Scale

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Simplified Mood Subscale

Simplified Anxiety Subscale
Subject ID:  

Date/Time:  

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: