

Profile of Mood States

Subject's Initials

Birth date

Date

Subject Code No.

*Directions: Describe HOW YOU FEEL RIGHT NOW
by circling the most appropriate number after each of the words listed below:*

FEELING	Not at all	A little	Moderate	Quite a bit	Extremely
1. Friendly	1	2	3	4	5
2. Tense	1	2	3	4	5
3. Angry	1	2	3	4	5
4. Worn Out	1	2	3	4	5
5. Unhappy	1	2	3	4	5
6. Clear-headed	1	2	3	4	5
7. Lively	1	2	3	4	5
8. Confused	1	2	3	4	5
9. Sorry for things done	1	2	3	4	5
10. Shaky	1	2	3	4	5
11. Listless	1	2	3	4	5
12. Peeved	1	2	3	4	5
13. Considerate	1	2	3	4	5
14. Sad	1	2	3	4	5
15. Active	1	2	3	4	5
16. On edge	1	2	3	4	5
17. Grouchy	1	2	3	4	5
18. Blue	1	2	3	4	5
19. Energetic	1	2	3	4	5
20. Panicky	1	2	3	4	5
21. Hopeless	1	2	3	4	5
22. Relaxed	1	2	3	4	5
23. Unworthy	1	2	3	4	5
24. Spiteful	1	2	3	4	5
25. Sympathetic	1	2	3	4	5
26. Uneasy	1	2	3	4	5
27. Restless	1	2	3	4	5
28. Unable to	1	2	3	4	5
29. Fatigued	1	2	3	4	5

30. Helpful	1	2	3	4	5
31. Annoyed	1	2	3	4	5
32. Discouraged	1	2	3	4	5
33. Resentful	1	2	3	4	5
34. Nervous	1	2	3	4	5
35. Lonely	1	2	3	4	5
36. Miserable	1	2	3	4	5
37. Muddled	1	2	3	4	5
38. Cheerful	1	2	3	4	5
39. Bitter	1	2	3	4	5
40. Exhausted	1	2	3	4	5
41. Anxious	1	2	3	4	5
42. Ready to fight	1	2	3	4	5
43. Good-natured	1	2	3	4	5
44. Gloomy	1	2	3	4	5
45. Desperate	1	2	3	4	5
46. Sluggish	1	2	3	4	5
47. Rebellious	1	2	3	4	5
48. Helpless	1	2	3	4	5
49. Weary	1	2	3	4	5
50. Bewildered	1	2	3	4	5
51. Alert	1	2	3	4	5
52. Deceived	1	2	3	4	5
53. Furious	1	2	3	4	5
54. Effacious	1	2	3	4	5
55. Trusting	1	2	3	4	5
56. Full of pep	1	2	3	4	5
57. Bad-tempered	1	2	3	4	5
58. Worthless	1	2	3	4	5
59. Forgetful	1	2	3	4	5
60. Carefree	1	2	3	4	5
61. Terrified	1	2	3	4	5
62. Guilty	1	2	3	4	5
63. Vigorous	1	2	3	4	5
64. Uncertain about things	1	2	3	4	5
65. Bushed	1	2	3	4	5