

STICSA

General Mood Questionnaire

Below is a list of statements which can be used to describe how people feel. Beside each statement are four numbers which indicate *how often* each statement is true of you (eg, 1 = almost never, 4 = almost always). *Please read each statement carefully and circle the number which best indicates how often, in general, the statement is true of you.*

Almost never
Occasionally
Often
Almost always

In general.....

- | | | | | |
|--|---|---|---|---|
| 1. My heart beats fast | 1 | 2 | 3 | 4 |
| 2. My muscles are tense | 1 | 2 | 3 | 4 |
| 3. I feel agonised over my problems | 1 | 2 | 3 | 4 |
| 4. I think that others won't approve of me. | 1 | 2 | 3 | 4 |
| 5. I feel like I'm missing out on things because I can't make up my mind soon enough | 1 | 2 | 3 | 4 |
| 6. I feel dizzy. | 1 | 2 | 3 | 4 |
| 7. My muscles feel weak | 1 | 2 | 3 | 4 |
| 8. I feel trembly and shaky | 1 | 2 | 3 | 4 |
| 9. I picture some future misfortune. | 1 | 2 | 3 | 4 |
| 10. I can't get some thought out of my mind. | 1 | 2 | 3 | 4 |
| 11. I have trouble remembering things | 1 | 2 | 3 | 4 |
| 12. My face feels hot | 1 | 2 | 3 | 4 |
| 13. I think that the worst will happen. | 1 | 2 | 3 | 4 |
| 14. My arms and legs feel stiff | 1 | 2 | 3 | 4 |
| 15. My throat feels dry | 1 | 2 | 3 | 4 |
| 16. I keep busy to avoid uncomfortable thoughts. | 1 | 2 | 3 | 4 |
| 17. I cannot concentrate without irrelevant thoughts intruding | 1 | 2 | 3 | 4 |
| 18. My breathing is fast and shallow | 1 | 2 | 3 | 4 |
| 19. I worry that I cannot control my thoughts as well as I would like to. | 1 | 2 | 3 | 4 |
| 20. I have butterflies in the stomach. | 1 | 2 | 3 | 4 |
| 21. My palms feel clammy | 1 | 2 | 3 | 4 |