

Date _____

Night _____(Intervention ())

Participant no. _____

Time point:

The Brunel Mood Scale

Below is a list of words that describe feelings. Please read each one carefully. Then cross the box that best describes HOW YOU FEEL RIGHT NOW. Make sure you answer every question.

	Not at all	A little	Moderately	Quite a bit	Extremely
1. Panicky.....	☐	☐	☐	☐	☐
2. Lively	☐	☐	☐	☐	☐
3. Confused	☐	☐	☐	☐	☐
4. Worn out	☐	☐	☐	☐	☐
5. Depressed	☐	☐	☐	☐	☐
6. Downhearted	☐	☐	☐	☐	☐
7. Annoyed.....	☐	☐	☐	☐	☐
8. Exhausted	☐	☐	☐	☐	☐
9. Mixed-up.....	☐	☐	☐	☐	☐
10. Sleepy.....	☐	☐	☐	☐	☐
11. Bitter.....	☐	☐	☐	☐	☐
12. Unhappy	☐	☐	☐	☐	☐
13. Anxious	☐	☐	☐	☐	☐
14. Worried	☐	☐	☐	☐	☐
15. Energetic	☐	☐	☐	☐	☐
16. Miserable.....	☐	☐	☐	☐	☐
17. Muddled	☐	☐	☐	☐	☐
18. Nervous	☐	☐	☐	☐	☐
19 Angry	☐	☐	☐	☐	☐
20. Active.....	☐	☐	☐	☐	☐
21. Tired.....	☐	☐	☐	☐	☐
22. Bad tempered	☐	☐	☐	☐	☐
23. Alert	☐	☐	☐	☐	☐
24. Uncertain	☐	☐	☐	☐	☐

For official use only:

Ang: ____ Con: ____ Dep: ____ Fat: ____ Ten: ____ Vig: ____