

## EVEA

Below you will find a series of statements that describe different feelings and moods and a 0-10 scale beside each statement. Read each statement and circle the number from 0 (“Not at all”) to 10 (“Very much”) that best indicates how you **FEEL RIGHT NOW**, at this moment. Do not spend too much time on each statement and choose a response for each of them.

	Not at all	Very much
I feel nervous	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel irritated	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel happy	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel melancholy	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel tense	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel optimistic	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel depressed	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel angry	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel anxious	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel downcast	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel annoyed	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel joyful	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel restless	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel displeased	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel cheerful	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10
I feel sad	----- ----- ----- ----- ----- ----- ----- ----- ----- -----	0 1 2 3 4 5 6 7 8 9 10