**The Brunel Mood Scale Questionnaire**

Below is a list of words that describe feelings people have. Please read each one carefully and then circle the answer that best describes **HOW YOU FEEL RIGHT NOW**. Make sure you respond to every word.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | Not at all | A little | Moderately | Quite a bit | Extremely | SCORING FOR THE BRUMS-32 (Add the responses for the responses to each of the subscales) | | |
| 1.  Active | 0 | 1 | 2 | 3 | 4 | **Subscale** | **Scores** | **Total** |
| 2.  Alert | 0 | 1 | 2 | 3 | 4 | **Anger** | ANGRY (3) \_\_\_+ ANNOYED (4)\_\_\_ + BAD TEMPERED (6) \_\_\_ + BITTER (7) \_\_\_ |  |
| 3.  Angry | 0 | 1 | 2 | 3 | 4 |
| 4.  Annoyed | 0 | 1 | 2 | 3 | 4 |
| 5.  Anxious | 0 | 1 | 2 | 3 | 4 |
| 6.  Bad tempered | 0 | 1 | 2 | 3 | 4 | **Tension** | ANXIOUS (5)\_\_\_+ NERVOUS (20)\_\_\_ + PANICKY (21)\_\_\_ + WORRIED (30) \_\_\_ |  |
| 7.  Bitter | 0 | 1 | 2 | 3 | 4 |
| 8.  Calm | 0 | 1 | 2 | 3 | 4 |
| 9.  Cheerful | 0 | 1 | 2 | 3 | 4 |
| 10. Composed | 0 | 1 | 2 | 3 | 4 | **Depression** | DEPRESSION (13) \_\_\_ + DOWNHEARTED (14) \_\_\_ + MISERABLE (19) \_\_\_ + UNHAPPY (28) \_\_\_ |  |
| 11. Confused | 0 | 1 | 2 | 3 | 4 |
| 12. Contented | 0 | 1 | 2 | 3 | 4 |
| 13. Depressed | 0 | 1 | 2 | 3 | 4 |
| 14. Downhearted | 0 | 1 | 2 | 3 | 4 | **Vigour** | ACTIVE (1) \_\_\_+ ALERT (2) \_\_\_ + ENERGETIC (15) \_\_\_ + LIVELY (18) \_\_\_ |  |
| 15. Energetic | 0 | 1 | 2 | 3 | 4 |
| 16. Exhausted | 0 | 1 | 2 | 3 | 4 |
| 17. Happy | 0 | 1 | 2 | 3 | 4 |
| 18. Lively | 0 | 1 | 2 | 3 | 4 | **Fatigue** | EXHAUSTED (16)\_\_\_ + SLEEPY (25) \_\_\_ + TIRED (26) \_\_\_ + WORN-OUT (29) \_\_\_ |  |
| 19. Miserable | 0 | 1 | 2 | 3 | 4 |
| 20. Nervous | 0 | 1 | 2 | 3 | 4 |
| 21. Panicky | 0 | 1 | 2 | 3 | 4 |
| 22. Relaxed | 0 | 1 | 2 | 3 | 4 | **Confusion** | CONFUSED (11)\_\_\_ + UNCERTAIN (27)\_\_\_ + MIXED-UP (31)\_\_\_ + MUDDLED (32) \_\_\_ |  |
| 23. Restful | 0 | 1 | 2 | 3 | 4 |
| 24. Satisfied | 0 | 1 | 2 | 3 | 4 |
| 25. Sleepy | 0 | 1 | 2 | 3 | 4 |
| 26. Tired | 0 | 1 | 2 | 3 | 4 | **Happy** | CHEERFUL (9)\_\_\_ + CONTENT (12)\_\_\_ + HAPPY (17) \_\_\_+ SATISFIED (24)\_\_\_ |  |
| 27. Uncertain | 0 | 1 | 2 | 3 | 4 |
| 28. Unhappy | 0 | 1 | 2 | 3 | 4 |
| 29. Worn-out | 0 | 1 | 2 | 3 | 4 |
| 30. Worried | 0 | 1 | 2 | 3 | 4 | **Calmness** | CALM (8) \_\_\_+ COMPOSED (10)\_\_\_ + RELAXED (22)\_\_\_ + RESTFUL (23)\_\_\_ |  |
| 31. Mixed-up | 0 | 1 | 2 | 3 | 4 |
| 32. Muddled | 0 | 1 | 2 | 3 | 4 |

Total your scores here:

|  |  |  |
| --- | --- | --- |
| Sub-scales of the BRUMS | Current score | Goal |
| Anger |  | **Maintain** |
| Tension |  |  |
| Depression |  |  |
| Vigour |  |  |
| Fatigue |  |  |
| Confusion |  |  |
| Happy |  |  |
| Calmness |  |  |