

MASQ

Below is a list of feelings, sensations, problems, and experiences that people sometimes have. Read each item and then mark the appropriate choice in the space next to that item. Use the choice that best describes how much you have felt or experienced things this way during the past week, including today. Use this scale when answering:

- | | 1 | 2 | 3 | 4 | 5 |
|-----------|-------------------|--------------|------------|-------------|---|
| | not at all | a little bit | moderately | quite a bit | extremely |
| _____ 1. | Felt cheerful | | | _____ 23. | Felt like I was having a lot of fun |
| _____ 2. | Felt afraid | | | _____ 24. | Blamed myself for a lot of things |
| _____ 3. | Startled easy | | | _____ 25. | Felt numbness or tingling in my body |
| _____ 4. | Felt confused | | | _____ 26. | Felt withdrawn from other people |
| _____ 5. | Slept very well | | | _____ 27. | Seemed to move quickly and easily |
| _____ 6. | Felt sad | | | _____ 28. | Was afraid I was going to lose control |
| _____ 7. | Felt very alert | | | _____ 29. | Felt dissatisfied with everything |
| _____ 8. | Felt discouraged | | | _____ 30. | Looked forward to things with enjoyment |
| _____ 9. | Felt nauseous | | | _____ 31. | Had trouble remembering things |
| _____ 10. | Felt like crying | | | _____ 32. | Felt like I didn't need much sleep |
| _____ 11. | Felt successful | | | _____ 33. | Felt like nothing was very enjoyable |
| _____ 12. | Had diarrhea | | | _____ 34. | Felt like something awful was going to happen |
| _____ 13. | Felt worthless | | | _____ 35. | Felt like I had accomplished a lot |
| _____ 14. | Felt really happy | | | _____ 36. | Felt like I had a lot of interesting things to do |
| _____ 15. | Felt nervous | | | | |
| _____ 16. | Felt depressed | | | | |
| _____ 17. | Felt irritable | | | | |
| _____ 18. | Felt optimistic | | | | |
| _____ 19. | Felt faint | | | | |
| _____ 20. | Felt uneasy | | | | |
| _____ 21. | Felt really bored | | | | |
| _____ 22. | Felt hopeless | | | | |

	1 not at all	2 a little bit	3 moderately	4 quite a bit	5 extremely
_____ 37.	Did not have much of an appetite			_____ 61.	Felt like I was choking
_____ 38.	Felt like being with other people			_____ 62.	Was unable to laugh easily
_____ 39.	Felt like it took extra effort to get started			_____ 63.	Had an upset stomach
_____ 40.	Felt like I had a lot to look forward to			_____ 64.	Felt inferior to others
_____ 41.	Thoughts and ideas came to me very easily			_____ 65.	Had a lump in my throat
_____ 42.	Felt pessimistic about the future			_____ 66.	Felt really slowed down
_____ 43.	Felt like I could do everything I needed to do			_____ 67.	Had a very dry mouth
_____ 44.	Felt like there wasn't anything interesting or fun to do			_____ 68.	Felt confident about myself
_____ 45.	Had pain in my chest			_____ 69.	Muscles twitched or trembled
_____ 46.	Felt really talkative			_____ 70.	Had trouble making decisions
_____ 47.	Felt like a failure			_____ 71.	Felt like I was going crazy
_____ 48.	Had hot or cold spells			_____ 72.	Felt like I had a lot of energy
_____ 49.	Was proud of myself			_____ 73.	Was afraid I was going to die
_____ 50.	Felt very restless			_____ 74.	Was disappointed in myself
_____ 51.	Had trouble falling asleep			_____ 75.	Heart was racing or pounding
_____ 52.	Felt dizzy or lightheaded			_____ 76.	Had trouble concentrating
_____ 53.	Felt unattractive			_____ 77.	Felt tense or "high strung"
_____ 54.	Felt very clearheaded			_____ 78.	Felt hopeful about the future
_____ 55.	Was short of breath			_____ 79.	Was trembling or shaking
_____ 56.	Felt sluggish or tired			_____ 80.	Had trouble paying attention
_____ 57.	Hands were shaky			_____ 81.	Muscles were tense or sore
_____ 58.	Felt really "up" or lively			_____ 82.	Felt keyed up, "on edge"
_____ 59.	Was unable to relax			_____ 83.	Had trouble staying asleep
_____ 60.	Felt like being by myself			_____ 84.	Worried a lot about things
				_____ 85.	Had to urinate frequently
				_____ 86.	Felt really good about myself
				_____ 87.	Had trouble swallowing
				_____ 88.	Hands were cold or sweaty
				_____ 89.	Thought about death or suicide
				_____ 90.	Got tired or fatigued easily