Name: Date:	
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INTERNAL STATE SCALE (v.2)

For each of the following statements, please blacken the circle on the line that best describes the way you have felt <u>over the past 24 hours</u>. While there may have been some change during that time, try to give a single summary rating for each item.

Today my mood is changeable.

(1)	0 O O Not at all Rarely	0	0	0	0	0	0	O O Very muc Much of t	
	0		То	day I f	eel iri	ritable			100
(2)	O O Not at all Rarely	0	0	0	0	0	0	O O Very mu Much of t	
		Тс	day I	feel li	keac	apabl	e pers	on.	
(3)	O O Not at all Rarely	0	0	0	0	0	0	O O Very mu Much of t	
		Today	Ifeel	like p	eople	areo	ut to c	jet me.	4.
(4)	0 O O Not at all Rarely	0	0	0	0	0	0	O O Very mu Much of t	
		Т	oday I	actua	lly fee	grea	t insid	e.	
(5)	0 O O Not at all Rarely	0	0	0	0	0	0	O O Very mu Much of t	
			Too	day I f	eel im	pulsiv	/e.		
(6)	0 O O Not at all Rarely	0	0	0	0	0	0	O O Very mu Much of t	

	Today I feel depressed.									
(7)	O O Not at all Rarely	0	0	0	0	0	0	O O Very mud Much of th		
		То	day my	thou	ghts a	are go	ing fas	st.	100	
(8)	O O Not at all Rarely	0	0	0	0	0	0	O O Very mu Much of t	O ch so	
		Tod	ay it se	eems	like n	othing	wille	ver		
	0		W	ork o	ut for	me.			100	
(9)	O O Not at all Rarely	0	0	0	0	0	0	O O Very mu Much of t		
			Toda	v I fo	al ave	ractiv				
(10)	0 O O Not at all Rarely	0	0	0	0	O	0	O O Very mu Much of t		
			Today	Ifeel	as if t	he wo	rld			
	0		i	s agai	nst m	e.			100	
(11)	O O Not at all Rarely	0	0	0	0	0	0	O O Very mu Much of t	O ich so	
		,	Today	Ifeel	"ened	lun" ii	neide	1		
	0								100	
(12)	O O Not at all Rarely	0	0	0	0	0	0	O O Very mu Much of		
			Tod	av I fe	el res	stless.				
	.0								100	
(13)	O O Not at all Rarely	0	0	0	0	0	0	O O Very mu Much of		

Today I feel argumentative. (14)Very much so Not at all Much of the time Rarely Today I feel energized. (15)Very much so Not at all Much of the time Rarely Today I feel: (16) Manic Normal Depressed High Down

from:

Bauer M, et al. Independent assessment of manic and depressive symptoms by self-rating. scale characteristics and implications for the study of mania. Arch Gen Psychiatry 1991; 48:807-12.