

Name: _____

Date: _____

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 over the past 24 hours. 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.

0											100
○	○	○	○	○	○	○	○	○	○	○	○
Not at all											Very much so
Rarely											Much of the time

Today I feel irritable.

0											100
○	○	○	○	○	○	○	○	○	○	○	○
Not at all											Very much so
Rarely											Much of the time

Today I feel like a capable person.

0											100
○	○	○	○	○	○	○	○	○	○	○	○
Not at all											Very much so
Rarely											Much of the time

Today I feel like people are out to get me.

0											100
○	○	○	○	○	○	○	○	○	○	○	○
Not at all											Very much so
Rarely											Much of the time

Today I actually feel great inside.

0											100
○	○	○	○	○	○	○	○	○	○	○	○
Not at all											Very much so
Rarely											Much of the time

Today I feel impulsive.

0											100
○	○	○	○	○	○	○	○	○	○	○	○
Not at all											Very much so
Rarely											Much of the time

Not at all Very much so

 Rarely Much of the time

Today I feel energized.

 0 100

 Not at all Very much so

 Rarely Much of the time

Today I feel:

 0 100

 Depressed Normal Manic

 Down High

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.