

UNIVERSITY OF MICHIGAN HEALTH SYSTEM GIFTS OF ART STORY STUDIO PROJECT

MOOD SCALE

Date: _____

Subject: _____

Time 1 Time 2

SCRIPT/QUESTIONS

In case we can recover more detail on how you were feeling, place an “X” on each line that best estimates how you were feeling emotionally just before Ami came into your room. Here is an example of someone feeling mostly hopeful (7 ½ out of 10):

1	2	3	4	5	6	7	8	9	10	
Hopeless	-----	-----	-----	-----	-----	-----	----X----	-----	-----	Hopeful

So, on a scale of 1 to 10, how were you feeling?

1	2	3	4	5	6	7	8	9	10	
Hopeless	-----	-----	-----	-----	-----	-----	-----	-----	-----	Hopeful
Sad	-----	-----	-----	-----	-----	-----	-----	-----	-----	Happy
Bored	-----	-----	-----	-----	-----	-----	-----	-----	-----	Interested
Anxious	-----	-----	-----	-----	-----	-----	-----	-----	-----	Calm
Lonely	-----	-----	-----	-----	-----	-----	-----	-----	-----	Content
Not able	-----	-----	-----	-----	-----	-----	-----	-----	-----	Able
_____	-----	-----	-----	-----	-----	-----	-----	-----	-----	_____

1 2 3 4 5 6 7 8 9 10

****Return to Interview****

Again, in case we can recover more detail on how you were feeling, place an "X" on each line that best estimates how you were feeling emotionally after hearing your story and concluding the story studio session. Like last time, your "X" can go anywhere on the lines from 1 to 10, depending on how you were feeling.

1	2	3	4	5	6	7	8	9	10
Hopeless	-----	-----	-----	-----	-----	-----	-----	-----	Hopeful
Sad	-----	-----	-----	-----	-----	-----	-----	-----	Happy
Bored	-----	-----	-----	-----	-----	-----	-----	-----	Interested
Anxious	-----	-----	-----	-----	-----	-----	-----	-----	Calm
Lonely	-----	-----	-----	-----	-----	-----	-----	-----	Content
Not able	-----	-----	-----	-----	-----	-----	-----	-----	Able
_____	-----	-----	-----	-----	-----	-----	-----	-----	_____
1	2	3	4	5	6	7	8	9	10

*** Return to Interview ***