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The Brief Mood Introspection Scale (BMIS)

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**Brief Mood Introspection Scale (BMIS)**

by John D. Mayer

INSTRUCTIONS: Circle the response on the scale below that indicates how well each adjective or phrase describes your present mood.

(definitely do not feel) (do not feel) (slightly feel) (definitely feel)

<table>
<thead>
<tr>
<th></th>
<th>XX</th>
<th>X</th>
<th>V</th>
<th>VV</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lively</td>
<td>XX</td>
<td>X</td>
<td>V</td>
<td>VV</td>
</tr>
<tr>
<td>Happy</td>
<td>XX</td>
<td>X</td>
<td>V</td>
<td>VV</td>
</tr>
<tr>
<td>Sad</td>
<td>XX</td>
<td>X</td>
<td>V</td>
<td>VV</td>
</tr>
<tr>
<td>Tired</td>
<td>XX</td>
<td>X</td>
<td>V</td>
<td>VV</td>
</tr>
<tr>
<td>Caring</td>
<td>XX</td>
<td>X</td>
<td>V</td>
<td>VV</td>
</tr>
<tr>
<td>Content</td>
<td>XX</td>
<td>X</td>
<td>V</td>
<td>VV</td>
</tr>
<tr>
<td>Gloomy</td>
<td>XX</td>
<td>X</td>
<td>V</td>
<td>VV</td>
</tr>
<tr>
<td>Jittery</td>
<td>XX</td>
<td>X</td>
<td>V</td>
<td>VV</td>
</tr>
</tbody>
</table>

Overall, my mood is:

Very Unpleasant

Very Pleasant

-10 –9 –8 –7 –6 –5 –4 –3 –2 –1 0 1 2 3 4 5 6 7 8 9 10

Please Note: The “Overall, my mood is” section is usually omitted, although some people use it and fold it into the overall score.

**Original Citation:** Mayer, J. D., & Gaschke, Y. N. (1988). The experience and meta-experience of mood. Journal of Personality and Social Psychology, 55, 102-111. [Scoring instructions are described there]

**Some Other Articles that Have Used the Scale:**


*The scale has been used in many other articles; I do not have a comprehensive list at this time. If you know of other uses, I would be delighted to hear of them.*