

1-1-1995

## Four Mood Introspection Scale (FMIS)

John D. Mayer

*University of New Hampshire, Durham, jack.mayer@unh.edu*

Follow this and additional works at: [https://scholars.unh.edu/personality\\_lab](https://scholars.unh.edu/personality_lab)

---

### Recommended Citation

Mayer, John D., "Four Mood Introspection Scale (FMIS)" (1995). *UNH Personality Lab*. 23.  
[https://scholars.unh.edu/personality\\_lab/23](https://scholars.unh.edu/personality_lab/23)

This Instrument is brought to you for free and open access by the Research Institutes, Centers and Programs at University of New Hampshire Scholars' Repository. It has been accepted for inclusion in UNH Personality Lab by an authorized administrator of University of New Hampshire Scholars' Repository. For more information, please contact [nicole.hentz@unh.edu](mailto:nicole.hentz@unh.edu).

---

## Four Mood Introspection Scale (FMIS)

## Four Mood Introspection Scale (FMIS)

Prepared 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)

	XX	X	V	VV		XX	X	V	VV
Cheerful	XX	X	V	VV	Scared	XX	X	V	VV
Angry	XX	X	V	VV	Unhappy	XX	X	V	VV
Fearful	XX	X	V	VV	Furious	XX	X	V	VV
Nervous	XX	X	V	VV	Lively	XX	X	V	VV
Blue	XX	X	V	VV	Mad	XX	X	V	VV
Happy	XX	X	V	VV	Sad	XX	X	V	VV
Depressed	XX	X	V	VV	Afraid	XX	X	V	VV
Hostile	XX	X	V	VV	Joyful	XX	X	V	VV

---

Scales are:

Happiness: Cheerful, Happy, Lively, Joyful

Anger: Angry, Hostile, Furious, Mad

Fearful: Fearful, Nervous, Scared, Afraid

Sadness: Blue, Depressed, Unhappy, Sad

**Original Citation:** Mayer, J. D., Allen, J., & Beauregard, K. (1995). Mood inductions for four specific moods: procedure employing guided imagery vignettes with music. *Journal of Mental Imagery*, 19, 133-150