Instrument Title: Brief Mood Introspection Scale (BMIS)
Instrument Author: Mayer, J. D., & Gaschke, Y. N
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)

XX                  X              V                 VV

_______________________________________________________________________________

Lively  XX  X  V  VV   Drowsy  XX  X  V  VV
Happy  XX  X  V  VV   Grouchy  XX  X  V  VV
Sad    XX  X  V  VV   Peppy    XX  X  V  VV
Tired  XX  X  V  VV   Nervous  XX  X  V  VV
Caring XX  X  V  VV   Calm     XX  X  V  VV
Content XX  X  V  VV   Loving   XX  X  V  VV
Gloomy XX  X  V  VV   Fed up   XX  X  V  VV
Jittery XX  X  V  VV   Active   XX  X  V  VV

_______________________________________________________________________________

Overall, my mood is:

Very                                                                       Very
Unpleasant                                                              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.