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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)

	XX	X	V	VV		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  
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:\***

- Examination of the paths between personality, current mood, its evaluation, and emotion regulation. Kokkonen, Marja; Pulkkinen, Lea; *European Journal of Personality*, Vol 15(2), Mar-Apr 2001. pp. 83-104.
- Resolution of lexical ambiguity by emotional state. Halberstadt, Jamin B.; Niedenthal, Paula M.; Kushner, Julia; *Psychological Science*, Vol 6(5), Sep 1995. pp. 278-282.
- Intrusive thoughts as determinants of distress in parents of children with cancer. Hall, Martica; Baum, Andrew; *Journal of Applied Social Psychology*, Vol 25(14), Jul 1995. Special issue: Rumination and intrusive thoughts. pp. 1215-1230.
- Mood inductions for four specific moods: A procedure employing guided imagery vignettes with music. Mayer, John D.; Allen, Joshua P.; Beauregard, Keith; *Journal of Mental Imagery*, Vol 19(1-2), Spr-Sum 1995. pp. 151-159.
- Mood-congruent judgment over time. Mayer, John D.; Hanson, Ellen; *Personality & Social Psychology Bulletin*, Vol 21(3), Mar 1995. pp. 237-244.

\*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.