

Name: _____ Date: _____

Internal State Scale (v.2)

For each of the following statements, please blacken the circle on the line that best describes the way you felt **over the past twenty-four hours**. While there may have been some change during that time, try to give a single summary rating for each item. (From: Bauer M, et al. Independent assessment of manic and depressive symptoms by self-rating. Scale characteristics and implications for the study of mania. Arch Gen Psychiatry 1991; 48:807-12).

1.) Today my mood is changeable.

0 100

Not at all Very much so
Rarely Much of the time

2.) Today I feel irritable.

0 100

Not at all Very much so
Rarely Much of the time

3.) Today I feel like a capable person.

0 100

Not at all Very much so
Rarely Much of the time

4.) Today I feel like people are out to get me.

0 100

Not at all Very much so
Rarely Much of the time

5.) Today I actually feel great inside.

0 100

Not at all Very much so
Rarely Much of the time

6.) Today I feel impulsive.

0 100

Not at all Very much so
Rarely Much of the time

7.) Today I feel depressed.

0 100

Not at all Very much so
Rarely Much of the time

8.) Today my thoughts are going fast.

0 100

Not at all Very much so
Rarely Much of the time

9.) Today it seems like nothing will ever work out

0 100

Not at all Very much so
Rarely Much of the time

10.) Today I feel overreactive.

0 100

Not at all Very much so
Rarely Much of the time

11.) Today I feel as if the world is against me.

0 100

Not at all Very much so
Rarely Much of the time

12.) Today I feel "sped up" inside.

0 100

Not at all Very much so
Rarely Much of the time

13.) Today I feel restless.

0 100

Not at all Very much so
Rarely Much of the time

14.) Today I feel argumentative.

0 100

Not at all Very much so
Rarely Much of the time

15.) Today I feel energized.

0 100

Not at all Very much so
Rarely Much of the time

16.) Today I feel:

0 100

Depressed Normal Manic High
Down

Mood State	Activation Subscale Score	Well-being Subscale Score
(Hypo)Mania	≥155	≥125
Mixed State	≥155	<125
Euthymia	<155	≥125
Depression	<155	<125