

Brief EVEA

This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark that best indicates how you feel **RIGHT NOW** in the correspondent scale from 0 (“Not at all”) to 10 (“Very Much”).

1. Nervous	----- ----- ----- ----- ----- ----- ----- ----- ----- -----
	0 1 2 3 4 5 6 7 8 9 10
2. Happy	----- ----- ----- ----- ----- ----- ----- ----- ----- -----
	0 1 2 3 4 5 6 7 8 9 10
3. Optimistic	----- ----- ----- ----- ----- ----- ----- ----- ----- -----
	0 1 2 3 4 5 6 7 8 9 10
4. Depressed	----- ----- ----- ----- ----- ----- ----- ----- ----- -----
	0 1 2 3 4 5 6 7 8 9 10
5. Tense	----- ----- ----- ----- ----- ----- ----- ----- ----- -----
	0 1 2 3 4 5 6 7 8 9 10
6. Anxious	----- ----- ----- ----- ----- ----- ----- ----- ----- -----
	0 1 2 3 4 5 6 7 8 9 10
7. Upset	----- ----- ----- ----- ----- ----- ----- ----- ----- -----
	0 1 2 3 4 5 6 7 8 9 10
8. Joyful	----- ----- ----- ----- ----- ----- ----- ----- ----- -----
	0 1 2 3 4 5 6 7 8 9 10
9. Sad	----- ----- ----- ----- ----- ----- ----- ----- ----- -----
	0 1 2 3 4 5 6 7 8 9 10