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 <u>RIGHT NOW</u> in the correspondent scale from 0 ("Not at all") to 10 ("Very Much").

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

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