**modified Differential Emotions Scale (mDES)**

Instructions: Please think back to how you have felt during the past 24 hours. Using the 0-4 scale below, indicate the *greatest amount* that you’ve experienced each of the following feelings.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Not at all | A little bit | Moderately | Quite a bit | Extremely |
| 0 | 1 | 2 | 3 | 4 |

\_\_\_\_\_ 1. What is the most **amused, fun-loving, or silly** you felt?

\_\_\_\_\_ 2. What is the most **angry, irritated, or annoyed** you felt?

\_\_\_\_\_ 3. What is the most **ashamed, humiliated, or disgraced** you felt?

\_\_\_\_\_ 4. What is the most **awe, wonder, or amazement** you felt?

\_\_\_\_\_ 5. What is the most **contemptuous, scornful, or distainful** you felt?

\_\_\_\_\_ 6. What is the most **disgust, distaste, or revulsion** you felt?

\_\_\_\_\_ 7. What is the most **embarrassed, self-conscious, or blushing** you felt?

\_\_\_\_\_ 8. What is the most **grateful, appreciative, or thankful** you felt?

\_\_\_\_\_ 9. What is the most **guilty, repentant, or blameworthy** you felt?

\_\_\_\_\_ 10. What is the most **hate, distrust, or suspicion** you felt?

\_\_\_\_\_ 11. What is the most **hopeful, optimistic, or encouraged** you felt?

\_\_\_\_\_ 12. What is the most **inspired, uplifted, or elevated** you felt?

\_\_\_\_\_ 13. What is the most **interested, alert, or curious** you felt?

\_\_\_\_\_ 14. What is the most **joyful, glad, or happy** you felt?

\_\_\_\_\_ 15. What is the most **love, closeness, or trust** you felt?

\_\_\_\_\_ 16. What is the most **proud, confident, or self-assured** you felt?

\_\_\_\_\_ 17. What is the most **sad, downhearted, or unhappy** you felt?

\_\_\_\_\_ 18. What is the most **scared, fearful, or afraid** you felt?

\_\_\_\_\_ 19. What is the most **serene, content, or peaceful** you felt?

\_\_\_\_\_ 20. What is the most **stressed, nervous, or overwhelmed** you felt?

Based on Fredrickson 2009 and Fredrickson, Tugade, Waugh, & Larkin 2003

Scoring: Use single items to assess specific emotions, or create overall positive and negative emotions scores by computing the mean of 10 positive and 10 negative emotions, respectively. Instructions can be modified to assess emotions in response to specific incidents (e.g., a specific activity experience). Scale can be modified to capture emotions experienced over the past two weeks by changing the instructions to “how often have you experienced…,” the items of “How often have you felt…?” and the response options to 0= never; 1= rarely; 2 = some of the time; 3 = often; 4 = most of the time.

Positive emotions = 1, 4, 8, 11, 12, 13, 14, 15, 16, 19

Negative emotions = 2, 3, 5, 6, 7, 9, 10, 17, 18, 20