

Modified Differential Emotions Scale (mDES)

Free, Available at <http://www.unc.edu/peplab/publications/Fredrickson%20AESP%202013%20Chapter.pdf>

Pop	Time	Purpose	Measures	Scoring	Notes
Generic Cognitive ability to understand emotions listed in the assessment	10-20 mins	Extent to which positive and negative emotions have been experienced within a particular time frame (e.g., within last 24 hours)	Positive emotions Negative emotions	<p>Contains 20 questions (10 based on positive emotions and 10 based on negative emotions).</p> <p>Scoring: 1) You can report scores on EACH item, 2) sum all of the positive scores to get a total positive emotions score and sum all of the negative emotions to get a total negative emotions score, or 3) you can sum all of the positive emotions scores and divide it by 10 to get a mean score and sum all of the negative emotions scores and divide it by 10 (because there are 10 positive questions and 10 negative emotions) to get a mean score between 0-4.</p> <p>Instructions: Instructions can be modified 1) assess emotions in response to specific incidents (e.g., a specific activity experience), or 2) assess emotions within a different time frame (e.g., within the last two weeks instead of within the last 24 hours).</p> <p>Response Options: The response options can be one or the other</p> <p>0= never/not at all 1= rarely/a little bit 2 = some of the time/moderately 3 = often/quite a bit</p>	This tool is based on the Broaden-And- Build Theory of Positive Emotions developed by Fredrickson. When people experience positive emotions it broadens their actions and thinking (willing to try new things, willing to take different perspectives), which increases resources gained (e.g., makes new friends, gains new skills), which produces upward spirals in people's lives.

				4 = most of the time/extremely	
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mDES Completed Example

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.

0 = Not at all, 1 = A little bit, 2 = moderately, 3 = Quite a bit, and 4 = Extremely

- __3__ 1. What is the most **amused, fun-loving, or silly** you felt?
- __3__ 2. What is the most **angry, irritated, or annoyed** you felt?
- __1__ 3. What is the most **ashamed, humiliated, or disgraced** you felt?
- __1__ 4. What is the most **awe, wonder, or amazement** you felt?
- __0__ 5. What is the most **contemptuous, scornful, or distainful** you felt?
- __1__ 6. What is the most **disgust, distaste, or revulsion** you felt?
- __1__ 7. What is the most **embarrassed, self-conscious, or blushing** you felt?
- __3__ 8. What is the most **grateful, appreciative, or thankful** you felt?
- __2__ 9. What is the most **guilty, repentant, or blameworthy** you felt?

- __0__ 10. What is the most **hate, distrust, or suspicion** you felt?
- __2__ 11. What is the most **hopeful, optimistic, or encouraged** you felt?
- __4__ 12. What is the most **inspired, uplifted, or elevated** you felt?
- __0__ 13. What is the most **interested, alert, or curious** you felt?
- __4__ 14. What is the most **joyful, glad, or happy** you felt?
- __4__ 15. What is the most **love, closeness, or trust** you felt?
- __3__ 16. What is the most **proud, confident, or self-assured** you felt?
- __2__ 17. What is the most **sad, downhearted, or unhappy** you felt?
- __0__ 18. What is the most **scared, fearful, or afraid** you felt?
- __4__ 19. What is the most **serene, content, or peaceful** you felt?
- __4__ 20. What is the most **stressed, nervous, or overwhelmed** you felt?

Positive emotions = 1, 4, 8, 11, 12, 13, 14, 15, 16, 19 = This patient received 28 out of a possible 40 points OR a mean score of 2.8/4

Negative emotions = 2, 3, 5, 6, 7, 9, 10, 17, 18, 20 = This patient received 14 out of a possible 40 points OR a mean score of 1.4/4

Narrative Summary of Findings

Here's some examples of how you might document the above findings:

According to the modified Differential Emotions Scale (mDES), pt reports experiencing more positive emotions (28/40) than negative emotions (14/40) within the last 24 hours.

OR

According to the modified Differential Emotions Scale (mDES), pt indicated experiencing a moderate amount of positive emotions (mean score = 2.8/4) and a minimal amount of negative emotions (mean score = 1.4/4) within the last 24 hours.

Broaden-and-Build Theory of Positive Emotions

