mDes 6-item

This version of the Modified Differential Emotions Scale (mDes; Fredrickson et al., 2003) was developed to minimize response burden in an experience sampling study among adults with schizophrenia (Chomistek & McCormick, 2015). Based on correspondence with the creator of the mDes instrument, the three most common positive emotions (Fredrickson, 2013) and the three most common negative emotions (Izard, 1977) were selected for inclusion. Positive emotion and negative emotion scores were created by summing positive items (1, 3, 5) and negative items (2, 4, 6). Based on the original study, the positive and negative scales themselves show marginal internal consistency (positive=.82; negative=.65); however, the negative emotion scale was significantly related to screen time (television or computer), while the positive emotion scale was significantly related to social context. In another study among adults with schizophrenia spectrum disorders (Snethen, 2013) the full 20-item mDes was used. Based on these data, the three item scales could be derived and evaluated. These data also produced marginal internal consistency for the three-tem scales (positive = .68; negative =.77), yet the shortened scales did demonstrate a strong correlation with the full ten-item mDes measures (positive r=.89; negative r=.88).

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Please use this scale to rate how you have felt over the past [time frame]. 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 |
| 1. What is the most loved, close or trusted you feel? | 0 | 1 | 2 | 3 | 4 |
| 2. What is the most angry, irritated or annoyed you feel? | 0 | 1 | 2 | 3 | 4 |
| 3. What is the most joyful, glad or happy you feel? | 0 | 1 | 2 | 3 | 4 |
| 4. What is the most sad, downhearted or unhappy you feel? | 0 | 1 | 2 | 3 | 4 |
| 5. What is the most grateful, appreciative or thankful you feel? | 0 | 1 | 2 | 3 | 4 |
| 6. What is the most stressed, nervous or overwhelmed you feel? | 0 | 1 | 2 | 3 | 4 |

Chomistek, A., & McCormick, B. P. (2015). *Identifying determinants of health enhancing physical activity and sedentary behavior among adults with severe mental illness*. Indiana University School of Public Health-Bloomington Health Equity Grant. Bloomington Indiana.

Fredrickson, B. L. (2013). Positive emotions broaden and build. *Advances in Experimental Social Psychology*, *47*, 1-53.

Fredrickson, B. L., Tugade, M. M., Waugh, C. E., & Larkin, G. R. (2003). What good are positive emotions in crises? A prospective study of resilience and emotions following the terrorist attachs on the Unites States on September 11th, 2001. *Journal of Personality and Social Psychology, 91*, 253-260.

Izard, C. E. (1977) *Human emotions*. New York: Plenum Press.

Snethen, G. (2013). *Increasing community participation in adults with schizophrenia*. National Institute on Disability, Independent Living and Rehabilitation Research (#90IF0086-02-00). US Department of Health and Human Services.