

University of New Hampshire
University of New Hampshire Scholars' Repository

UNH Personality Lab

Research Institutes, Centers and Programs

1-1-1988

The Brief Mood Introspection Scale (BMIS)

John D. Mayer

University of New Hampshire, Durham, jack.mayer@unh.edu

Yvonne N. Gaschke

Follow this and additional works at: https://scholars.unh.edu/personality_lab

 Part of the [Personality and Social Contexts Commons](#), and the [Social Psychology Commons](#)

Recommended Citation

The authors give their permission for general research use. Please, though, credit the original article as the source for the scale. The proper APA citation is: Mayer, J. D., & Gaschke, Y. N. (1988). The experience and meta-experience of mood. *Journal of Personality and Social Psychology*, 55, 102-111.

This Instrument is brought to you for free and open access by the Research Institutes, Centers and Programs at University of New Hampshire Scholars' Repository. It has been accepted for inclusion in UNH Personality Lab by an authorized administrator of University of New Hampshire Scholars' Repository. For more information, please contact nicole.hentz@unh.edu.

Brief Mood Introspection Scale (BMIS)

by John D. Mayer

INSTRUCTIONS: Circle the response on the scale below that indicates how well each adjective or phrase describes your present mood.

(definitely do not feel) (do not feel) (slightly feel) (definitely feel)

	XX	X	V	VV		XX	X	V	VV
Lively	XX	X	V	VV	Drowsy	XX	X	V	VV
Happy	XX	X	V	VV	Grouchy	XX	X	V	VV
Sad	XX	X	V	VV	Peppy	XX	X	V	VV
Tired	XX	X	V	VV	Nervous	XX	X	V	VV
Caring	XX	X	V	VV	Calm	XX	X	V	VV
Content	XX	X	V	VV	Loving	XX	X	V	VV
Gloomy	XX	X	V	VV	Fed up	XX	X	V	VV
Jittery	XX	X	V	VV	Active	XX	X	V	VV

Overall, my mood is:

Very
Unpleasant

Very
Pleasant

-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 8 9 10

Please Note: The "Overall, my mood is" section is usually omitted, although some people use it and fold it into the overall score.

Original Citation: Mayer, J. D., & Gaschke, Y. N. (1988). The experience and meta-experience of mood. *Journal of Personality and Social Psychology*, 55, 102-111. [Scoring instructions are described there]

Some Other Articles that Have Used the Scale:*

- Examination of the paths between personality, current mood, its evaluation, and emotion regulation. Kokkonen, Marja; Pulkkinen, Lea; *European Journal of Personality*, Vol 15(2), Mar-Apr 2001. pp. 83-104.
- Resolution of lexical ambiguity by emotional state. Halberstadt, Jamin B.; Niedenthal, Paula M.; Kushner, Julia; *Psychological Science*, Vol 6(5), Sep 1995. pp. 278-282.
- Intrusive thoughts as determinants of distress in parents of children with cancer. Hall, Martica; Baum, Andrew; *Journal of Applied Social Psychology*, Vol 25(14), Jul 1995. Special issue: Rumination and intrusive thoughts. pp. 1215-1230.
- Mood inductions for four specific moods: A procedure employing guided imagery vignettes with music. Mayer, John D.; Allen, Joshua P.; Beaugard, Keith; *Journal of Mental Imagery*, Vol 19(1-2), Spr-Sum 1995. pp. 151-159.
- Mood-congruent judgment over time. Mayer, John D.; Hanson, Ellen; *Personality & Social Psychology Bulletin*, Vol 21(3), Mar 1995. pp. 237-244.

*The scale has been used in many other articles; I do not have a comprehensive list at this time. If you know of other uses, I would be delighted to hear of them.