Supplemental material for English Version of Mood Rhythm Instrument

Mood Rhythm Instrument - MRI

Date: _____/_____/______  Sex: ( ) F   ( ) M  Subject ID: ____________________

Date of last period: _____/_____/______

Age: ______  Level of education (years of schooling): ______

Please read carefully the following examples before answering the questions:

Following each question, a 24-hour period is shown. Each number represents an hour of the clock. The line between the numbers represents the minutes.

Example (A): if you mark a line between 7AM and 8AM, it will represent 7:30 AM

(B) If you mark a line on 3PM, it will represent 3:00 PM

Answer the following questions according to the last 15 days, taking into account how you have felt most of the time, on the majority of the days.

1. Is there a specific time of the day when you have felt more alert?
   ( ) Yes  ( ) No
   If you answer yes, indicate below the approximate hour:

2. Is there a specific time of the day when you have felt sleepier?
   ( ) Yes  ( ) No
   If you answer yes, indicate below the approximate hour:

3. Is there a specific time of the day when you have felt more capable of solving daily problems?
   ( ) Yes  ( ) No
   If you answer yes, indicate below the approximate hour:
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4. Is there a specific time of the day when your self-esteem has been higher?
( ) Yes  ( ) No
If you answer yes, indicate below the approximate hour:

5. Is there a specific time of the day when you been able to concentrate better?
( ) Yes  ( ) No
If you answer yes, indicate below the approximate hour:

6. Is there a specific time of the day when you have had an increased appetite?
( ) Yes  ( ) No
If you answer yes, indicate below the approximate hour:

7. Is there a specific time of the day when your libido (sexual arousal) has been higher?
( ) Yes  ( ) No
If you answer yes, indicate below the approximate hour:

8. Is there a specific time of the day when you have felt more irritable?
( ) Yes  ( ) No
If you answer yes, indicate below the approximate hour:

9. Is there a specific time of the day when you have felt more anxious?
( ) Yes  ( ) No
If you answer yes, indicate below the approximate hour:
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10. Is there a specific time of the day when you have felt more sad?
( ) Yes ( ) No
If you answer yes, indicate below the approximate hour:

11. Is there a specific time of the day when you have felt more motivated to exercise?
( ) Yes ( ) No
If you answer yes, indicate below the approximate hour:

12. Is there a specific time of the day when your memory has been better?
( ) Yes ( ) No
If you answer yes, indicate below the approximate hour:

13. Is there a specific time of the day when you have been more pessimistic?
( ) Yes ( ) No
If you answer yes, indicate below the approximate hour:

14. Is there a specific time of the day when you have preferred talking to friends face-to-face?
( ) Yes ( ) No
If you answer yes, indicate below the approximate hour:

15. Is there a specific time of day when you have had more energy and motivation to do things?
( ) Yes ( ) No
If you answer yes, indicate below the approximate hour: