

## Multidimensional Emotion Questionnaire

**Instructions:**

This questionnaire asks about your experience of different emotions such as sad, happy, and afraid. We are interested in assessing four different parts of each emotion. Specifically, for each emotion, you will be asked to rate:

- 1) how *often* you experience the emotion;
- 2) how *intense* the emotion typically is when it occurs
- 3) how *long-lasting* the emotion typically is when it occurs
- 4) how well you can *regulate* the emotion when it occurs (i.e., how well you can reduce or increase the emotion).

Below are two examples to help you better understand how to rate these four parts of emotion.

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**Example #1**

**Creative**

1. <i>How Often?</i>	About once per month or less	About once per week	About once each day	2 or 3 times each day	More than 3 times each day
2. <i>How Intense?</i>	Very Low	Low	Moderate	High	Very High
3. <i>How Long-Lasting?</i>	Less than 1 minute	1-10 minutes	11-60 minutes	1-4 hours	Longer than 4 hours
4. <i>How Easy to Regulate?</i>	Very Easy	Easy	Moderate	Difficult	Very Difficult

In the example above, the person chose “About once per week” for “*How Often*” because they do not feel creative very frequently. The person chose “High” for “*How Intense*” because their creativity is strong when it does occur. The person chose “1-4 hours” for “*How Long-Lasting*” because when they feel creative the feeling lasts for a couple hours. Finally, the person chose “Easy” for “*How Easy to Regulate*” because when they feel creative they are able to increase this feeling by choosing appropriate activities.

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**Example #2****Frustrated**

1. <i>How Often?</i>	About once per month or less	About once per week	About once each day	2 or 3 times each day	More than 3 times each day
2. <i>How Intense?</i>	Very Low	Low	Moderate	High	Very High
3. <i>How Long-Lasting?</i>	Less than 1 minute	1-10 minutes	11-60 minutes	1-4 hours	Longer than 4 hours
4. <i>How Easy to Regulate?</i>	Very Easy	Easy	Moderate	Difficult	Very Difficult

In this second example, the person chose “2 or 3 times” for “*How Often*” because they frequently feel frustrated. The person chose “Moderate” for “*How Intense*” because the strength of their frustration is usually in the medium range. The person chose “Longer than 4 hours” for “*How Long-Lasting*” because when frustrated the feeling lasts for a long time. Finally, the person chose “Very Difficult” for “*How Easy to Regulate*” because when frustrated it is very hard for them to stop feeling that way.

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If you understood the examples you are now ready to complete the questionnaire. Below are 10 emotions. Please rate each one based on your typical experience of that emotion. If you have any questions, please feel free to ask the experimenter. You may begin when ready.

**Happy**

1. <i>How Often?</i>	About once per month or less	About once per week	About once each day	2 or 3 times each day	More than 3 times each day
2. <i>How Intense?</i>	Very Low	Low	Moderate	High	Very High
3. <i>How Long-Lasting?</i>	Less than 1 minute	1-10 minutes	11-60 minutes	1-4 hours	Longer than 4 hours
4. <i>How Easy to Regulate?</i>	Very Easy	Easy	Moderate	Difficult	Very Difficult

**Sad**

1. <i>How Often?</i>	About once per month or less	About once per week	About once each day	2 or 3 times each day	More than 3 times each day
2. <i>How Intense?</i>	Very Low	Low	Moderate	High	Very High
3. <i>How Long-Lasting?</i>	Less than 1 minute	1-10 minutes	11-60 minutes	1-4 hours	Longer than 4 hours
4. <i>How Easy to Regulate?</i>	Very Easy	Easy	Moderate	Difficult	Very Difficult

**Afraid**

1. <i>How Often?</i>	About once per month or less	About once per week	About once each day	2 or 3 times each day	More than 3 times each day
2. <i>How Intense?</i>	Very Low	Low	Moderate	High	Very High
3. <i>How Long-Lasting?</i>	Less than 1 minute	1-10 minutes	11-60 minutes	1-4 hours	Longer than 4 hours
4. <i>How Easy to Regulate?</i>	Very Easy	Easy	Moderate	Difficult	Very Difficult

**Excited**

1. <i>How Often?</i>	About once per month or less	About once per week	About once each day	2 or 3 times each day	More than 3 times each day
2. <i>How Intense?</i>	Very Low	Low	Moderate	High	Very High
3. <i>How Long-Lasting?</i>	Less than 1 minute	1-10 minutes	11-60 minutes	1-4 hours	Longer than 4 hours
4. <i>How Easy to Regulate?</i>	Very Easy	Easy	Moderate	Difficult	Very Difficult

**Angry**

1. <i>How Often?</i>	About once per month or less	About once per week	About once each day	2 or 3 times each day	More than 3 times each day
2. <i>How Intense?</i>	Very Low	Low	Moderate	High	Very High
3. <i>How Long-Lasting?</i>	Less than 1 minute	1-10 minutes	11-60 minutes	1-4 hours	Longer than 4 hours
4. <i>How Easy to Regulate?</i>	Very Easy	Easy	Moderate	Difficult	Very Difficult

**Ashamed**

1. <i>How Often?</i>	About once per month or less	About once per week	About once each day	2 or 3 times each day	More than 3 times each day
2. <i>How Intense?</i>	Very Low	Low	Moderate	High	Very High
3. <i>How Long-Lasting?</i>	Less than 1 minute	1-10 minutes	11-60 minutes	1-4 hours	Longer than 4 hours
4. <i>How Easy to Regulate?</i>	Very Easy	Easy	Moderate	Difficult	Very Difficult

**Enthusiastic**

1. <i>How Often?</i>	About once per month or less	About once per week	About once each day	2 or 3 times each day	More than 3 times each day
2. <i>How Intense?</i>	Very Low	Low	Moderate	High	Very High
3. <i>How Long-Lasting?</i>	Less than 1 minute	1-10 minutes	11-60 minutes	1-4 hours	Longer than 4 hours
4. <i>How Easy to Regulate?</i>	Very Easy	Easy	Moderate	Difficult	Very Difficult

**Proud**

1. <i>How Often?</i>	About once per month or less	About once per week	About once each day	2 or 3 times each day	More than 3 times each day
2. <i>How Intense?</i>	Very Low	Low	Moderate	High	Very High
3. <i>How Long-Lasting?</i>	Less than 1 minute	1-10 minutes	11-60 minutes	1-4 hours	Longer than 4 hours
4. <i>How Easy to Regulate?</i>	Very Easy	Easy	Moderate	Difficult	Very Difficult

**Anxious**

1. <i>How Often?</i>	About once per month or less	About once per week	About once each day	2 or 3 times each day	More than 3 times each day
2. <i>How Intense?</i>	Very Low	Low	Moderate	High	Very High
3. <i>How Long-Lasting?</i>	Less than 1 minute	1-10 minutes	11-60 minutes	1-4 hours	Longer than 4 hours
4. <i>How Easy to Regulate?</i>	Very Easy	Easy	Moderate	Difficult	Very Difficult

**Inspired**

1. <i>How Often?</i>	About once per month or less	About once per week	About once each day	2 or 3 times each day	More than 3 times each day
2. <i>How Intense?</i>	Very Low	Low	Moderate	High	Very High
3. <i>How Long-Lasting?</i>	Less than 1 minute	1-10 minutes	11-60 minutes	1-4 hours	Longer than 4 hours
4. <i>How Easy to Regulate?</i>	Very Easy	Easy	Moderate	Difficult	Very Difficult