

MOOD RHYTHM INSTRUMENT – Revised version (MRhI-r)

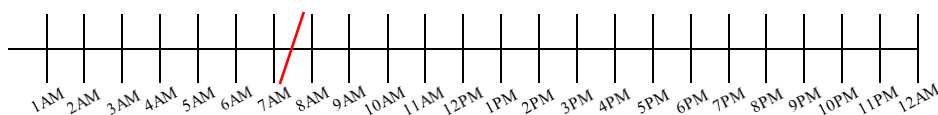
Date: ____/____/____ Sex: () F () M Age: _____ Subject ID: _____

Level of education (years of schooling): _____ Date of last period: ____/____/____

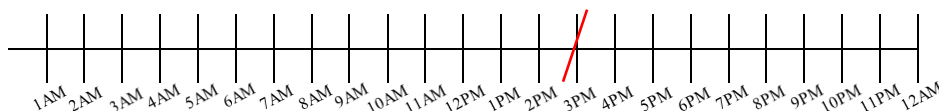
→ Please read carefully the following examples before answering the questions:

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



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

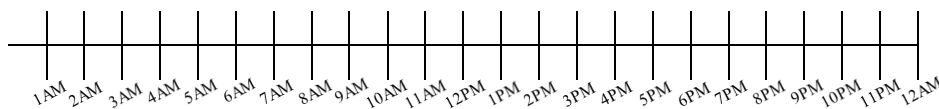


→ Answer the following questions according to the **last 15 days**, taking into account how you have felt most of the time, on the majority of the days.

1. Is there a specific time of the day when you have felt sleepier?

() Yes () No

If you answer yes, indicate below the approximate hour:



2. 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:



3. 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:



4. 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:

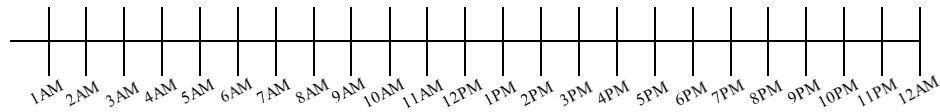


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5. Is there a specific time of the day when your libido (sexual arousal) has been higher?

() Yes () No

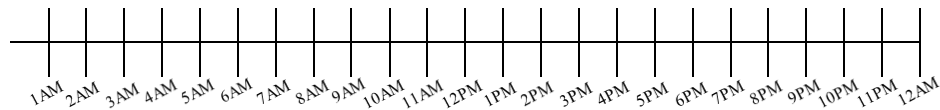
If you answer yes, indicate below the approximate hour:



6. Is there a specific time of the day when you have felt more irritable?

() Yes () No

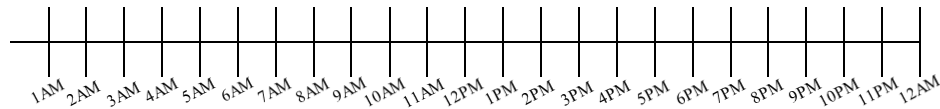
If you answer yes, indicate below the approximate hour:



7. Is there a specific time of the day when you have felt more anxious?

() Yes () No

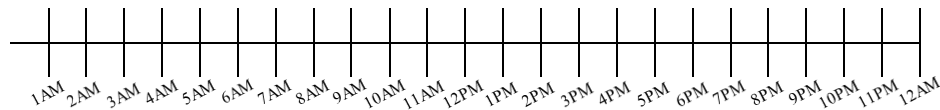
If you answer yes, indicate below the approximate hour:



8. Is there a specific time of the day when you have felt more sad?

() Yes () No

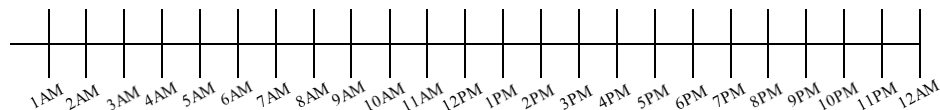
If you answer yes, indicate below the approximate hour:



9. 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:



10. 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:



11. Is there a specific time of day when you have had more energy?

() yes () No

If you answer yes, indicate below the approximate hour:

