

CHILDREN'S AFFECTIVE LABILITY SCALE (CALS)

Child Form for children 8 years and older

DIRECTIONS: Fill in the circle on the scale below each question that best describes your mood.

1. I suddenly start to cry for little or no apparent reason.

- | | | | | |
|------------------------|----------------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Never or rarely occurs | 1-3 times during the month | 1-3 times a week | 4-6 times a week | 1 or more times a day |

2. It is hard to tell what will set me off into a temper or a fit.

- | | | | | |
|------------------------|----------------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Never or rarely occurs | 1-3 times during the month | 1-3 times a week | 4-6 times a week | 1 or more times a day |

3. I suddenly become tense or anxious.

- | | | | | |
|------------------------|----------------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Never or rarely occurs | 1-3 times during the month | 1-3 times a week | 4-6 times a week | 1 or more times a day |

4. I have bursts of being overly affectionate for little reason, hugging or kissing more than people than I would expect.

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|------------------------|----------------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Never or rarely occurs | 1-3 times during the month | 1-3 times a week | 4-6 times a week | 1 or more times a day |

5. I suddenly lose interest in what I am doing.

- | | | | | |
|------------------------|----------------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Never or rarely occurs | 1-3 times during the month | 1-3 times a week | 4-6 times a week | 1 or more times a day |

6. It is hard to tell what mood I will be in (how I will feel; happy, sad, excited, mad).

- | | | | | |
|------------------------|----------------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Never or rarely occurs | 1-3 times during the month | 1-3 times a week | 4-6 times a week | 1 or more times a day |

7. I suddenly lose my temper (yell, curse, or throw something) when others would not expect it.

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|------------------------|----------------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Never or rarely occurs | 1-3 times during the month | 1-3 times a week | 4-6 times a week | 1 or more times a day |

8. I have bursts or increased talking.

- | | | | | |
|------------------------|----------------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Never or rarely occurs | 1-3 times during the month | 1-3 times a week | 4-6 times a week | 1 or more times a day |

9. I have short periods when I feel shaky or my heart is pounding, or I have difficulty breathing (not due to asthma or another medical problem).

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|------------------------|----------------------------|-----------------------|-----------------------|-----------------------|
| <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| Never or rarely occurs | 1-3 times during the month | 1-3 times a week | 4-6 times a week | 1 or more times a day |

10. It is hard to tell what will set me off crying.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Never or rarely occurs	1-3 times during the month	1-3 times a week	4-6 times a week	1 or more times a day

11. I have bursts of silliness for little or no apparent reason.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Never or rarely occurs	1-3 times during the month	1-3 times a week	4-6 times a week	1 or more times a day

12. I do an activity and then suddenly stop because I am tired.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Never or rarely occurs	1-3 times during the month	1-3 times a week	4-6 times a week	1 or more times a day

13. You never know when I am going to blow up.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Never or rarely occurs	1-3 times during the month	1-3 times a week	4-6 times a week	1 or more times a day

14. I have periods of time when I talk about the same thing over and over.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Never or rarely occurs	1-3 times during the month	1-3 times a week	4-6 times a week	1 or more times a day

15. I suddenly start to laugh about something that most people do not think is funny.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Never or rarely occurs	1-3 times during the month	1-3 times a week	4-6 times a week	1 or more times a day

16. I suddenly appear sad, depressed, and down in the dumps for no apparent reason.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Never or rarely occurs	1-3 times during the month	1-3 times a week	4-6 times a week	1 or more times a day

17. I have bursts of being nervous or fidgety.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Never or rarely occurs	1-3 times during the month	1-3 times a week	4-6 times a week	1 or more times a day

18. I have bursts of crabbiness or irritability.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Never or rarely occurs	1-3 times during the month	1-3 times a week	4-6 times a week	1 or more times a day

19. I suddenly act overly familiar with people I barely know.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Never or rarely occurs	1-3 times during the month	1-3 times a week	4-6 times a week	1 or more times a day

20. I appear very angry (yell, curse) in response to a simple request.

<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Never or rarely occurs	1-3 times during the month	1-3 times a week	4-6 times a week	1 or more times a day

DATE:

<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>	/	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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