About the Measure

<table>
<thead>
<tr>
<th>Domain:</th>
<th>PTSD</th>
</tr>
</thead>
<tbody>
<tr>
<td>Measure:</td>
<td>Dimensional Mood and Anxiety</td>
</tr>
<tr>
<td>Definition:</td>
<td>A questionnaire to measure the dimensions of the tripartite model of anxiety and depression.</td>
</tr>
<tr>
<td>Purpose:</td>
<td>This measure can be used to investigate the shared and distinctive features of anxiety and depression which often occur together and have overlapping symptoms.</td>
</tr>
</tbody>
</table>

About the Protocol

<table>
<thead>
<tr>
<th>Description of Protocol:</th>
<th>The Mood and Anxiety Symptoms Questionnaire (MASQ-D30) is a self-administered, 30 item questionnaire that includes three subscales: General Distress (GD), Anhedonic Depression (AD), and Anxious Arousal (AA). For each item, the respondent rates how much they have experienced the designated feeling, sensation, or problem during the previous 2 weeks on a 5-point Likert scale that runs from 1 (“not at all”) to 5 (“extremely”). A score for each dimension of the tripartite model is obtained by summing the responses for the respective subscale.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Selection Rationale:</td>
<td>The Mood and Anxiety Symptoms Questionnaire (MASQ-D30) is a brief, reliable, valid, and widely used, self-administered questionnaire that addresses comorbidity by making a distinction between overlapping and non-overlapping symptoms of anxiety and depression.</td>
</tr>
<tr>
<td>Specific Instructions:</td>
<td>None</td>
</tr>
</tbody>
</table>
| Protocol Text: | **Mood and Anxiety Symptoms Questionnaire (MASQ-D30)**

Please rate how much you were experiencing each of the following in the last 2 weeks:

1. Felt confused
   - [ ] 1 Not at all
   - [ ] 2 A little bit
   - [ ] 3 Moderately
   - [ ] 4 Quite a bit
   - [ ] 5 Extremely

2. Startled easily
   - [ ] 1 Not at all
   - [ ] 2 A little bit
   - [ ] 3 Moderately
   - [ ] 4 Quite a bit
3. Felt successful
   [ ] 1 Not at all
   [ ] 2 A little bit
   [ ] 3 Moderately
   [ ] 4 Quite a bit
   [ ] 5 Extremely

4. Felt worthless
   [ ] 1 Not at all
   [ ] 2 A little bit
   [ ] 3 Moderately
   [ ] 4 Quite a bit
   [ ] 5 Extremely

5. Felt nauseous
   [ ] 1 Not at all
   [ ] 2 A little bit
   [ ] 3 Moderately
   [ ] 4 Quite a bit
   [ ] 5 Extremely

6. Felt really happy
   [ ] 1 Not at all
   [ ] 2 A little bit
   [ ] 3 Moderately
   [ ] 4 Quite a bit
   [ ] 5 Extremely

7. Felt irritable
   [ ] 1 Not at all
   [ ] 2 A little bit
   [ ] 3 Moderately
   [ ] 4 Quite a bit
   [ ] 5 Extremely

8. Felt dizzy or light-headed
   [ ] 1 Not at all
   [ ] 2 A little bit
   [ ] 3 Moderately
   [ ] 4 Quite a bit
   [ ] 5 Extremely

9. Felt optimistic
   [ ] 1 Not at all
   [ ] 2 A little bit
   [ ] 3 Moderately
   [ ] 4 Quite a bit
   [ ] 5 Extremely
<table>
<thead>
<tr>
<th></th>
<th>Description</th>
<th>Response Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>10.</td>
<td>Felt hopeless</td>
<td>[ ] 1 Not at all</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 2 A little bit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 3 Moderately</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 4 Quite a bit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 5 Extremely</td>
</tr>
<tr>
<td>11.</td>
<td>Felt like I was having a lot of fun</td>
<td>[ ] 1 Not at all</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 2 A little bit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 3 Moderately</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 4 Quite a bit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 5 Extremely</td>
</tr>
<tr>
<td>12.</td>
<td>Blamed myself for a lot of things</td>
<td>[ ] 1 Not at all</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 2 A little bit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 3 Moderately</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 4 Quite a bit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 5 Extremely</td>
</tr>
<tr>
<td>13.</td>
<td>Felt dissatisfied with everything</td>
<td>[ ] 1 Not at all</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 2 A little bit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 3 Moderately</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 4 Quite a bit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 5 Extremely</td>
</tr>
<tr>
<td>14.</td>
<td>Felt like I accomplished a lot</td>
<td>[ ] 1 Not at all</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 2 A little bit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 3 Moderately</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 4 Quite a bit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 5 Extremely</td>
</tr>
<tr>
<td>15.</td>
<td>Was trembling or shaking</td>
<td>[ ] 1 Not at all</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 2 A little bit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 3 Moderately</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 4 Quite a bit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 5 Extremely</td>
</tr>
<tr>
<td>16.</td>
<td>Felt like I had a lot to look forward to</td>
<td>[ ] 1 Not at all</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 2 A little bit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 3 Moderately</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 4 Quite a bit</td>
</tr>
<tr>
<td></td>
<td></td>
<td>[ ] 5 Extremely</td>
</tr>
<tr>
<td>17.</td>
<td>Felt pessimistic about the future</td>
<td>[ ] 1 Not at all</td>
</tr>
</tbody>
</table>
18. Had pain in my chest
   [ ] 1 Not at all
   [ ] 2 A little bit
   [ ] 3 Moderately
   [ ] 4 Quite a bit
   [ ] 5 Extremely

19. Felt really talkative
   [ ] 1 Not at all
   [ ] 2 A little bit
   [ ] 3 Moderately
   [ ] 4 Quite a bit
   [ ] 5 Extremely

20. Had hot or cold spells
   [ ] 1 Not at all
   [ ] 2 A little bit
   [ ] 3 Moderately
   [ ] 4 Quite a bit
   [ ] 5 Extremely

21. Was short of breath
   [ ] 1 Not at all
   [ ] 2 A little bit
   [ ] 3 Moderately
   [ ] 4 Quite a bit
   [ ] 5 Extremely

22. Felt really ‘up’ or lively
   [ ] 1 Not at all
   [ ] 2 A little bit
   [ ] 3 Moderately
   [ ] 4 Quite a bit
   [ ] 5 Extremely

23. Felt inferior to others
   [ ] 1 Not at all
   [ ] 2 A little bit
   [ ] 3 Moderately
   [ ] 4 Quite a bit
   [ ] 5 Extremely

24. Muscles were tense or sore
   [ ] 1 Not at all
   [ ] 2 A little bit
   [ ] 3 Moderately
25. Had trouble making decisions
  [ ] 1 Not at all
  [ ] 2 A little bit
  [ ] 3 Moderately
  [ ] 4 Quite a bit
  [ ] 5 Extremely

26. Felt like I had a lot of energy
  [ ] 1 Not at all
  [ ] 2 A little bit
  [ ] 3 Moderately
  [ ] 4 Quite a bit
  [ ] 5 Extremely

27. Heart was racing or pounding
  [ ] 1 Not at all
  [ ] 2 A little bit
  [ ] 3 Moderately
  [ ] 4 Quite a bit
  [ ] 5 Extremely

28. Worried a lot about things
  [ ] 1 Not at all
  [ ] 2 A little bit
  [ ] 3 Moderately
  [ ] 4 Quite a bit
  [ ] 5 Extremely

29. Felt really good about myself
  [ ] 1 Not at all
  [ ] 2 A little bit
  [ ] 3 Moderately
  [ ] 4 Quite a bit
  [ ] 5 Extremely

30. Had trouble swallowing
  [ ] 1 Not at all
  [ ] 2 A little bit
  [ ] 3 Moderately
  [ ] 4 Quite a bit
  [ ] 5 Extremely

**Scoring Instructions:**

Table 1: The items that form MASQ-30 subscales
<table>
<thead>
<tr>
<th>MASQ-D30 Subscale Title</th>
<th>MASQ-D30 items</th>
<th>Corresponding item numbers in the full MASQ</th>
</tr>
</thead>
<tbody>
<tr>
<td>General Distress</td>
<td>1, 4, 7, 10, 12, 13, 17, 23, 25, 28</td>
<td>4, 13, 17, 22, 24, 29, 42, 64, 70, 84</td>
</tr>
<tr>
<td>Anhedonic Depression</td>
<td>3, 6, 9, 11, 14, 16, 19, 22, 26, 29</td>
<td>11, 14, 18, 23, 35, 40, 46, 58, 72, 86</td>
</tr>
<tr>
<td>Anxious Arousal</td>
<td>3, 5, 8, 15, 18, 20, 21, 24, 27, 30</td>
<td>3, 9, 52, 79, 45, 48, 55, 81, 75, 87</td>
</tr>
</tbody>
</table>

The items of the AD scale are phrased and scored in a positive direction (e.g., 'I felt optimistic'). To compute the AD scale to reflect a lack of positive affect and emotions, items are recoded in the following way:

1 is converted to 5
2 is converted to 4
3 is maintained as 3
4 is converted to 2
5 is converted to 1

The 3 scales are computed by summing responses (either standard or recoded) for the items listed in each of the cells in column 2 of Table 1.

### Participant:
Adults ages 18 and older

### Source:

### Language of Source:
English

### Personnel and Training Required:
None

### Equipment Needs:
None

### Protocol Type:
Self-administered questionnaire

### Requirements:

<table>
<thead>
<tr>
<th>Requirements Category</th>
<th>Required (Yes/No):</th>
</tr>
</thead>
<tbody>
<tr>
<td>Major equipment</td>
<td>No</td>
</tr>
<tr>
<td>Specialized training</td>
<td>No</td>
</tr>
<tr>
<td>Specialized requirements for biospecimen collection</td>
<td>No</td>
</tr>
<tr>
<td>Average time of greater than 15 minutes in an unaffected individual</td>
<td>No</td>
</tr>
</tbody>
</table>

### Common Data Elements:
TBD by PhenX Staff
### General References:


### Additional Information About the Measure

<table>
<thead>
<tr>
<th>Essential Data:</th>
<th>Current Age, Gender</th>
</tr>
</thead>
<tbody>
<tr>
<td>Related PhenX Measures:</td>
<td>General Distress, Emotional state, Depression, Anxiety</td>
</tr>
<tr>
<td>Derived Variables:</td>
<td>None</td>
</tr>
<tr>
<td>Keywords/Related Concepts:</td>
<td>PTSD, Depression, Anxiety, Anhedonia, Negative Affect, Positive Affect, Somatic Arousal, Anhedonic Depression, Anxious Arousal, General Distress</td>
</tr>
</tbody>
</table>