

Mood and Physical Symptoms Scale (MPSS)

Please show for each of the items below how you have been feeling over the past 24 hours.
(Circle one number for each item).

	Not at all	Slightly	Somewhat	Very	Extremely
1. Depressed	1	2	3	4	5
2. Anxious	1	2	3	4	5
3. Irritable	1	2	3	4	5
4. Restless	1	2	3	4	5
5. Hungry	1	2	3	4	5
6. Poor concentration	1	2	3	4	5
7. Poor sleep at night	1	2	3	4	5

8. How much of the time have you felt the urge to smoke in the past 24 hours? (Circle one number)

Not at all	A little of the time	Some of the time	A lot of the time	Almost all the time	All the time
0	1	2	3	4	5

9. How strong have the urges been? (Circle one number)

No urges	Slight	Moderate	Strong	Very strong	Extremely strong
0	1	2	3	4	5

Have you experienced any of the following over the past 24 hours? (Circle one number for each item).

	No	Slight	Moderate	Severe	Very severe
10. Sores in the mouth	1	2	3	4	5
11. Constipation	1	2	3	4	5
12. Cough/sore throat	1	2	3	4	5

Notes:

1. The citation is: West R, Hajek P (2004). Evaluation of the mood and physical symptoms scale (MPSS) to assess cigarette withdrawal Psychopharmacology, 177, 195-199.
2. You can substitute 'week' or 'today' or another time frame for '24 hours' in the headers depending on your needs.
3. Items 10. to 12. are new and arise out of recent evidence and are still under test.
4. To assess the effect of abstinence you can calculate the change from baseline (just prior to stopping smoking) to the post-abstinence follow-up point for items 1. to 7. and 10. to 12., and take the raw scores for items 8. and 9. (The reason is given in the citation.)
5. To compare abstinence symptoms under two or more conditions (e.g. two different forms of nicotine replacement therapy), you can compare the scores calculated in 4. above, or instead compare the post-abstinence ratings in those conditions using the baseline ratings as covariates (i.e. instead of subtracting them). This method gives slightly more power to detect differences.
6. The ratings should be analysed individually but can also a) all be totalled to give a composite score (MPSS Total); or b) be added together in three blocks, items 1. to 7. give MPSS(M), 8. and 9. give MPSS(C) and 10. to 12. give MPSS(P).
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