### 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.

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1. I suddenly start to cry for little or no apparent reason.
   - 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.
   - 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.
   - 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.
   - 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.
   - 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).
   - 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.
   - 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.
   - 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).
   - 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
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<tr>
<td>10.</td>
<td>It is hard to tell what will set me off crying.</td>
<td>Never or rarely occurs</td>
<td>1-3 times during the month</td>
<td>1-3 times a week</td>
<td>4-6 times a week</td>
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<td>11.</td>
<td>I have bursts of silliness for little or no apparent reason.</td>
<td>Never or rarely occurs</td>
<td>1-3 times during the month</td>
<td>1-3 times a week</td>
<td>4-6 times a week</td>
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<td>12.</td>
<td>I do an activity and then suddenly stop because I am tired.</td>
<td>Never or rarely occurs</td>
<td>1-3 times during the month</td>
<td>1-3 times a week</td>
<td>4-6 times a week</td>
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<td>13.</td>
<td>You never know when I am going to blow up.</td>
<td>Never or rarely occurs</td>
<td>1-3 times during the month</td>
<td>1-3 times a week</td>
<td>4-6 times a week</td>
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<td>14.</td>
<td>I have periods of time when I talk about the same thing over and over.</td>
<td>Never or rarely occurs</td>
<td>1-3 times during the month</td>
<td>1-3 times a week</td>
<td>4-6 times a week</td>
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<td>15.</td>
<td>I suddenly start to laugh about something that most people do not think is funny.</td>
<td>Never or rarely occurs</td>
<td>1-3 times during the month</td>
<td>1-3 times a week</td>
<td>4-6 times a week</td>
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<td>16.</td>
<td>I suddenly appear sad, depressed, and down in the dumps for no apparent reason.</td>
<td>Never or rarely occurs</td>
<td>1-3 times during the month</td>
<td>1-3 times a week</td>
<td>4-6 times a week</td>
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<td>17.</td>
<td>I have bursts of being nervous or fidgety.</td>
<td>Never or rarely occurs</td>
<td>1-3 times during the month</td>
<td>1-3 times a week</td>
<td>4-6 times a week</td>
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<td>18.</td>
<td>I have bursts of crabbiness or irritability.</td>
<td>Never or rarely occurs</td>
<td>1-3 times during the month</td>
<td>1-3 times a week</td>
<td>4-6 times a week</td>
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<td>19.</td>
<td>I suddenly act overly familiar with people I barely know.</td>
<td>Never or rarely occurs</td>
<td>1-3 times during the month</td>
<td>1-3 times a week</td>
<td>4-6 times a week</td>
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<td>20.</td>
<td>I appear very angry (yell, curse) in response to a simple request.</td>
<td>Never or rarely occurs</td>
<td>1-3 times during the month</td>
<td>1-3 times a week</td>
<td>4-6 times a week</td>
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