Brief Mood Introspection Scale (BMIS)

Overall, my mood is:
Very Unpleasant   Very Pleasant
-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 8 9 10

Brief Mood Introspection Scale (BMIS)	Session 1 BN	Session 2 BN + BB	Session 3 MUSIC + BN + BB	Session 4 MUSIC + BB
Subject 1	4	**6**	7	**7**
Subject 2	0	**1**	*	*
Subject 3	-5	**4**	-1	**1**
Subject 4	8	**7**	8	**8**

BN = Brown Noise   BB= Binaural Beats *= not obtained Red = unexpected data