

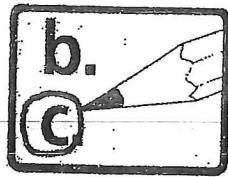
Are You Ruled by Your Mood?

Before you read on, circle what you believe most accurately describes your present mood:

Gloomy Neutral Happy

We all experience mood swings. Dr. Joan Oliver, in studies at St. Louis University, found that seven to ten college students out of every 100 suffer from substantial bouts of depression. This finding is consistent with those at other colleges as well.

We don't really know what causes mood swings. Some experts believe the cause is hormonal and not related to our surroundings. But to say that we're victimized by our glands is to disregard the social context in which we live. More often than not, it is people who influence our moods and it is caring people who restore us to an even keel.



TEST

Can you detect your mood at any given moment? Try the test below, which is based on Professor Oliver's research. Circle all the words that describe your feelings right now, then read on for scores and an explanation.

COLUMN 1	COLUMN 2	COLUMN 3	COLUMN 4
Humorous	Fine	Mad	Frustrated
Calm	On Top	Old	Tormented
Alive	Lucky	Tired	Unlucky
Friendly	Together	Restless	Angry
Content	Attractive	Meek	Offended
Happy	Secure	Blue	Put Down
Stable	Amused	Weak	Guilt
Rested	Brave	Lost	Irritated
Peaceful	Hopeful	Shy	Unsociable
Strong	Adaptable	Sensitive	Jumpy
Confident	Clearheaded	Cynical	Distractible
Joyful	Capable	Dull	Careless