

Survey Instrument

Kantorei Communal Singing Study

1. Describe your general mood – Choose the one that best describes you now

- ① Cheerful
- ② Sad
- ③ Frustrated
- ④ Calm
- ⑤ Anxious
- ⑥ Indifferent
- ⑦ Tired
- ⑧ Excited

Other _____

2. What is your current physical pain level? – low (1) to high (5)

1	2	3	4	5	6
<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5	<input type="checkbox"/> 6

Other (please specify)

3. What is your current stress level? Low (1) to high (5)

1 2 3 4 5 6

1 2 3 4 5 6

Other (please specify)

4. sense of community (1) - sense of aloneness (5)

1 2 3 4 5 6

1 2 3 4 5 6

Other (please specify)

5. Sense of optimism (1) - sense of pessimism (5)

1 2 3 4 5 6

1 2 3 4 5 6

Other (please specify)

6. living with purpose(1) – living without purpose (5)

2 3 4 5 6

1 2 3 4 5 6

Other (please specify)

7. feeling focused (1) - feeling scattered (5)

1 2 3 4 5 6

1 2 3 4 5 6

Other (please specify)

8. feeling enthusiastic (1)- feeling apathetic (5)

1 2 3 4 5 6

1 2 3 4 5 6

Other (please specify)

9. feeling spiritually connected (1) - feeling spiritually disconnected (5)

1 2 3 neutral 5 6 N/A

1 2 3 neutral 5 6 N/A

Other (please specify)

10. Any additional factors you'd like to note (accompanying, conducting, coming from a test, etc.)