## Brief Social Rhythm Scale

The following statements deal with your life rhythm. Below you will find a number of statements about different everyday activities. Please select the number that shows how regularly you engage in these activities. Please note that this is not about how often or rarely you do something, but how regularly.

|  |  | $\begin{aligned} & 1=\text { very } \\ & \text { regularly } \end{aligned}$ | 2 | 3 | 4 | 5 | $\begin{aligned} & 6=\text { very } \\ & \text { irregularly } \end{aligned}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| 1 | Going to bed Monday to Friday | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 2 | Going to bed on weekends | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 3 | Getting up Monday to Friday | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 4 | Getting up on weekends | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 5 | Meeting other people at the university or at work Monday to Friday | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 6 | Meeting other people at the university or at work on weekends | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 7 | Meeting other people during time off Monday to Friday | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 8 | Meeting other people during time off on weekends | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 9 | Having regular meals Monday to Friday | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |
| 10 | Having regular meals on weekends | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ | $\square$ |

