

The Nostalgia Inventory was developed by psychologist Krystine Batcho in 1995. Her goal was to measure how often and how deeply people feel nostalgic. The Inventory is scored by averaging the ratings given all the items. The higher the score, the more nostalgic a person tends to be.

Using the following scale, CIRCLE a number to indicate  
**what you miss about when you were younger and how much you miss it.**

**1 = Not at all**                      **9 = Very Much**

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**Family**

1      2      3      4      5      6      7      8      9

**Heroes or Heroines**

1      2      3      4      5      6      7      8      9

**Not having to worry**

1      2      3      4      5      6      7      8      9

**Places**

1      2      3      4      5      6      7      8      9

**Music**

1      2      3      4      5      6      7      8      9

**Someone you loved**

1      2      3      4      5      6      7      8      9

**Friends**

1      2      3      4      5      6      7      8      9

**Things you did**

1      2      3      4      5      6      7      8      9

**Toys**

1      2      3      4      5      6      7      8      9

**The way people were**

1      2      3      4      5      6      7      8      9

**1 = Not at all**

**9 = Very Much**

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**Feelings you had**

1      2      3      4      5      6      7      8      9

**TV shows, movies**

1      2      3      4      5      6      7      8      9

**School**

1      2      3      4      5      6      7      8      9

**Having someone to depend on**

1      2      3      4      5      6      7      8      9

**Holidays**

1      2      3      4      5      6      7      8      9

**The way society was**

1      2      3      4      5      6      7      8      9

**Pet or pets**

1      2      3      4      5      6      7      8      9

**Not knowing sad or evil things**

1      2      3      4      5      6      7      8      9

**Church or Temple, etc.**

1      2      3      4      5      6      7      8      9

**Your house**

1      2      3      4      5      6      7      8      9

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