

^{132}Ba $Z = 56$ $N = 76$ [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 1110.037 (0.001) MeV

	Energy T	J+	J-	J-other	T1/2
132BA 1	0.000	0+			1 3.0E+21 Y GT
132BA 2	0.465	2+			2 15.1 PS 11
S-alpha= 1.000 (0.001)					
132BA 3	1.032	2+			3 1.08 PS 10
132BA 4	1.128	4+			4
132BA 5	1.504	0+			5
132BA 6	1.511	3+			6
132BA 7	1.660	0+			7
132BA 8	1.686	2+			8
132BA 9	1.729	4+			9
132BA 10	1.932	6+			10
132BA 11				1.944 (4+)	11
132BA 12	1.998	2+			12
132BA 13			2.027 4-		13
132BA 14				2.046 (2+)	14
132BA 15				2.046 (4+)	15
132BA 16			2.069 3-		16
132BA 17			2.120 5-		17 0.40 NS +20-10
132BA 18				2.220 (3-)	18
132BA 19				2.226 (5+)	19
132BA 20				2.241 6(+)	20
132BA 21	2.271	0+			21
132BA 22				2.288 (2+,3,4+)	22
132BA 23				2.312 5(-)	23
132BA 24				2.358 (6-)	24
132BA 25			2.374 3-		25
132BA 26	2.406	0+			26
132BA 27				2.423 6(-)	27
132BA 28				2.439 (2+:6+)	28
132BA 29				2.453 (1-)	29
132BA 30				2.483 (7-)	30 0.2 NS LT
132BA 31				2.492 (4+)	31
132BA 32				2.505 (2)	32
132BA 33				2.567 (3)-	33
132BA 34				2.610 (5-)	34
132BA 35				2.660 (4+)	35
132BA 36				2.693 (4,5-)	36
132BA 37				2.718 7(-)	37

132BA	38	2.736	0+					38
132BA	39					2.772	(4-,6-)	39
132BA	40					2.792	(5-)	40

132BA	41	2.800	8+					41
132BA	42					2.856	(2)-	42
132BA	43					2.867	(8+)	43
132BA	44					2.876	(1+)	44
132BA	45	2.886	0+					45
132BA	46					2.901	(8-)	46
132BA	47					2.902	(7-)	47
132BA	48					2.928	(3-)	48
132BA	49					2.935	(7+)	49
132BA	50					2.946	(5-)	50

132BA	51					2.961	(8-)	51
132BA	52					2.981	(1,2+)	52
132BA	53					2.982		53
132BA	54					3.019	(6-)	54
132BA	55					3.021	(1,2+,3)	55
132BA	56					3.069	(1+,2+,3,4+)	56
132BA	57					3.083		57
132BA	58					3.095	(8-)	58
132BA	59					3.105	(8-)	59
132BA	60	3.116	10+					60 8.94 NS 14

132BA	61					3.122	(8+)	61
132BA	62					3.158	(1)-	62
132BA	63					3.188	(9-)	63
132BA	64					3.196		64
132BA	65					3.217		65
132BA	66					3.219	(2+)	66
132BA	67					3.229	(6+)	67
132BA	68					3.327	(4,5-)	68
132BA	69					3.336	(3-,5-)	69
132BA	70					3.340	(9-)	70

132BA	71					3.356	(9-)	71
132BA	72					3.364	(1,2+)	72
132BA	73					3.381		73
132BA	74	3.412	0+					74
132BA	75					3.424	(3)-	75
132BA	76					3.434		76
132BA	77	3.445	0+					77
132BA	78					3.461	(1,2+)	78
132BA	79					3.482	(9-)	79
132BA	80					3.495	(3,4+)	80

132BA	81					3.505	(9+)	81
132BA	82					3.527		82

132BA 83				3.546	(9)	83
132BA 84				3.562		84
132BA 85				3.562	(1,2+)	85
132BA 86				3.563	(1,2+)	86
132BA 87				3.591		87
132BA 88				3.599	(10+)	88
132BA 89				3.607	(1,2+)	89
132BA 90				3.608		90

132BA 91				3.617		91
132BA 92			3.635	1-		92
132BA 93				3.659	(10-)	93
132BA 94				3.663	(1-,2-,3-)	94
132BA 95				3.672		95
132BA 96				3.678	(10+)	96
132BA 97				3.697		97
132BA 98				3.717		98
132BA 99				3.717		99
132BA 100				3.721	(10-)	100

132BA 101				3.734	(2+,3,4+)	101
132BA 102				3.735		102
132BA 103	3.751	0+				103
132BA 104				3.753	(2,3-)	104
132BA 105				3.768	(2,3)	105
132BA 106				3.769		106
132BA 107				3.773	(1,2+)	107
132BA 108				3.776	(2+)	108
132BA 109				3.788		109
132BA 110				3.805	(10+)	110

132BA 111	3.812	0+				111
132BA 112				3.820		112
132BA 113				3.821		113
132BA 114				3.835	(1,2+)	114
132BA 115				3.849		115
132BA 116				3.863		116
132BA 117				3.879	(1,2+)	117
132BA 118	3.882	0+				118
132BA 119				3.887	(3,4+)	119
132BA 120				3.903	(2+,3,4+)	120

132BA 121				3.906	(11+)	121
132BA 122				3.907		122
132BA 123				3.916	(12+)	123
132BA 124				3.918	(2+,3,4+)	124
132BA 125				3.943	(10+)	125
132BA 126				3.943	(0+:4+)	126
132BA 127				3.950	(11-)	127
132BA 128				3.965		128

132BA 129			3.968	(2+,3,4+)	129
132BA 130			3.974	(3,4+)	130

132BA 131			3.975		131
132BA 132			4.010		132
132BA 133			4.028	(2+,3,4+)	133
132BA 134			4.061	(11-)	134
132BA 135			4.090		135
132BA 136			4.108	(10+)	136
132BA 137			4.229		137
132BA 138			4.312	(11+)	138
132BA 139			4.362	(12+)	139
132BA 140			4.365	(11-)	140

132BA 141			4.440	(12-)	141
132BA 142			4.547	(12+)	142
132BA 143			4.556	(12-)	143
132BA 144			4.565	(12+)	144
132BA 145			4.689	(12+)	145
132BA 146			4.704	(12+)	146
132BA 147			4.711	(13-)	147
132BA 148			4.805	(14+)	148
132BA 149			4.811	(11+)	149
132BA 150			4.820	(13-)	150

132BA 151			4.863	(11-)	151
132BA 152			4.882	(13+)	152
132BA 153			4.984	(13+)	153
132BA 154			4.997	(12+)	154
132BA 155			5.033	(12-)	155
132BA 156			5.085		156
132BA 157			5.104	(13-)	157
132BA 158			5.200	(13+)	158
132BA 159			5.249	(13-)	159
132BA 160			5.282	(15-)	160

132BA 161			5.307	(14+)	161
132BA 162			5.321	(14-)	162
132BA 163			5.336	(14-)	163
132BA 164			5.376	(14+)	164
132BA 165			5.436	(14+)	165
132BA 166			5.476	(14+)	166
132BA 167			5.540	(15+)	167
132BA 168			5.556	(14-)	168
132BA 169			5.574	(15-)	169
132BA 170			5.630	(14+)	170

132BA 171			5.721	(14-)	171
132BA 172			5.771	(15+)	172
132BA 173			5.836	(16+)	173

132BA 174				5.870	(15-)	174
132BA 175				5.872	(15+)	175
132BA 176				5.891	(15-)	176
132BA 177				5.964	(15-)	177
132BA 178				5.991	(16-)	178
132BA 179				6.106	(16-)	179
132BA 180				6.134	(15)	180

132BA 181				6.196	(16+)	181
132BA 182				6.268	(16+)	182
132BA 183				6.274	(16-)	183
132BA 184				6.294	(17-)	184
132BA 185				6.374	(17+)	185
132BA 186				6.414	(17-)	186
132BA 187				6.485	(17-)	187
132BA 188				6.665	(17+)	188
132BA 189	6.691	18+				189
132BA 190		6.821	18-			190

132BA 191				6.955	(18+)	191
132BA 192				7.144	(18+)	192
132BA 193				7.238	(19-)	193
132BA 194				7.287	(19-)	194
132BA 195				7.397	(19+)	195
132BA 196				7.624	(20+)	196
S-p	=	7.665	(0.005)	-----		
132BA 197				7.751	(20-)	197
132BA 198				8.310	(21-)	198

S-p	=	7.665	(0.005)	-----		
S-n	=	9.823	(0.003)	-----		
S-2p	=	13.132	(0.001)	-----		
S-2n	=	17.316	(0.003)	-----		
S-alpha	=	1.000	(0.001)	-----		
S+p	=	-4.348	(0.028)			
S+n	=	-7.190	(0.001)			
S+2p	=	-10.976	(0.020)			
S+2n	=	-16.657	(0.001)			
S+alpha	=	-0.498	(0.001)			
gap p	=	3.317	(0.028)			
gap n	=	2.633	(0.003)			
gap 2p	=	2.156	(0.020)			
gap 2n	=	0.659	(0.003)			
gap alpha	=	0.501	(0.002)			