

^{156}Nd $Z = 60$ $N = 96$ [link to full NNDC output](#)

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

BE = 1272.658 (0.200) MeV

Qbeta- = 3.690 (0.200) MeV

	Energy T	J+	J-	J-other	T1/2
156ND 1	0.000	0+			1 5.26 S 20
156ND 2	0.067	2+			2
156ND 3	0.222	4+			3
156ND 4	0.461	6+			4
156ND 5	0.778	8+			5
156ND 6	1.169	10+			6
156ND 7				1.431 (5-)	7 0.36 US 15
156ND 8				1.532 (6-)	8
156ND 9	1.628	12+			9 2.4 PS
156ND 10				1.649 (7-)	10
156ND 11				1.784 (8-)	11
156ND 12				1.934 (9-)	12
156ND 13				2.102 (10-)	13
156ND 14	2.152	14+			14 1.2 PS
156ND 15				2.286 (11-)	15
156ND 16				2.485 (12-)	16
156ND 17				2.713 (13-)	17
156ND 18	2.737	16+			18 0.76 PS

S-p = 12.347 (0.201)-----
 S-n = 6.261 (0.200)-----
 S-2p = 0.000 (0.000)-----
 S-2n = 10.791 (0.207)-----
 S-alpha= 0.000 (0.000)-----

S+p = -9.113 (0.200)
 S+n = -4.059 (0.202)
 S+2p = -19.355 (0.200)
 S+2n = 0.000 (0.000)
 S+alpha = -2.186 (0.200)

gap p = 3.235 (0.283)
 gap n = 2.202 (0.284)
 gap 2p = 0.000 (0.000)
 gap 2n = 0.000 (0.000)
 gap alpha = 0.000 (0.000)