

PANAS

This scale consists of a number of words that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you have felt like this in the past few hours. Use the following scale to record your answers.

Very slightly or not at all	a little	moderately	quite a bit	extremely
1	2	3	4	5

Interested _____	Irritable _____
Distressed _____	Alert _____
Excited _____	Ashamed _____
Upset _____	Inspired _____
Strong _____	Nervous _____
Guilty _____	Determined _____
Scared _____	Attentive _____
Hostile _____	Jittery _____
Enthusiastic _____	Active _____
Proud _____	Afraid _____

To score this scale first have a look yourself and see if you can decide which of the 20 questions are positive and which are negative. Check your own judgement with the list below. Then add your scores for the 10 positive words and separately for the 10 negative words. Now you have your positive and negative scores. The scores generated will vary along the scale of 10 – 50, with lower scores indicating low (positive or negative) affect and higher scores indicating high (positive or negative) affect.

Watson, Clark and Tellegen (1988) suggest that the normal population will have a mean positive affective score of 29.7 (SD = 7.9) and a mean negative affective score of 14.8 (SD = 5.4).

The 10 items for **POSITIVE (PA)** affect are:
attentive, interested, alert, excited, enthusiastic, inspired, proud, determined, strong and active.

The 10 items for **NEGATIVE (NA)** affect are:
distressed, upset, hostile, irritable, scared, afraid, ashamed, guilty and nervous, jittery.