



## Positive and Negative Affect Schedule (PANAS)

### Instructions:

This scale consists of a number of words that describe different feelings and emotions. Read each item and indicate to what extent you have felt this way during the past week.

		Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
1	Interested	1	2	3	4	5
2	Distressed	1	2	3	4	5
3	Excited	1	2	3	4	5
4	Upset	1	2	3	4	5
5	Strong	1	2	3	4	5
6	Guilty	1	2	3	4	5
7	Scared	1	2	3	4	5
8	Hostile	1	2	3	4	5
9	Enthusiastic	1	2	3	4	5
10	Proud	1	2	3	4	5
11	Irritable	1	2	3	4	5
12	Alert	1	2	3	4	5
13	Ashamed	1	2	3	4	5
14	Inspired	1	2	3	4	5
15	Nervous	1	2	3	4	5
16	Determined	1	2	3	4	5



		Very slightly or not at all	A little	Moderately	Quite a bit	Extremely
17	Attentive	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
18	Jittery	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
19	Active	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
20	Afraid	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

**Developer Reference:**

Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology*, 54(6), 1063–1070. <https://doi.org/10.1037/0022-3514.54.6.1063>

**Administer Now**