



Scale of Positive and Negative Experience (SPANE)

Instructions:

Please think about what you have been doing and experiencing during the past 4 weeks. Then report how much you experienced each of the following feelings, using the scale below. For each item, select an option from "Very rarely or never" to "Very often or always".

		Very rarely or never	Rarely	Sometimes	Often	Very often or always
1	Positive	1	2	3	4	5
2	Negative	1	2	3	4	5
3	Good	1	2	3	4	5
4	Bad	1	2	3	4	5
5	Pleasant	1	2	3	4	5
6	Unpleasant	1	2	3	4	5
7	Happy	1	2	3	4	5
8	Sad	1	2	3	4	5
9	Afraid	1	2	3	4	5
10	Joyful	1	2	3	4	5
11	Angry	1	2	3	4	5
12	Contented	1	2	3	4	5

Developer Reference:

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D., Oishi, S., & Biswas-Diener, R. (2009). New measures of well-being: Flourishing and positive and negative feelings. *Social Indicators Research*, 39, 247-266

Please visit: <http://internal.psychology.illinois.edu/~ediener/SPANE.html>

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