PANAS-21

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 feel this way **RIGHT NOW**. Use the following scale to report your answers.

1= Very Slightly or Not At All

2= A Little

3= Moderately

4= Quite A Bit

5= Extremely

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Very Slightly or Not At All | A Little | Moderately | Quite A Bit | Extremely |
| Anxious | 1 | 2 | 3 | 4 | 5 |
| Interested | 1 | 2 | 3 | 4 | 5 |
| Distressed | 1 | 2 | 3 | 4 | 5 |
| Excited | 1 | 2 | 3 | 4 | 5 |
| Upset | 1 | 2 | 3 | 4 | 5 |
| Strong | 1 | 2 | 3 | 4 | 5 |
| Guilty | 1 | 2 | 3 | 4 | 5 |
| Scared | 1 | 2 | 3 | 4 | 5 |
| Hostile | 1 | 2 | 3 | 4 | 5 |
| Enthusiastic | 1 | 2 | 3 | 4 | 5 |
| Proud | 1 | 2 | 3 | 4 | 5 |
| Irritable | 1 | 2 | 3 | 4 | 5 |
| Alert | 1 | 2 | 3 | 4 | 5 |
| Ashamed | 1 | 2 | 3 | 4 | 5 |
| Inspired | 1 | 2 | 3 | 4 | 5 |
| Nervous | 1 | 2 | 3 | 4 | 5 |
| Determined | 1 | 2 | 3 | 4 | 5 |
| Attentive | 1 | 2 | 3 | 4 | 5 |
| Jittery | 1 | 2 | 3 | 4 | 5 |
| Active | 1 | 2 | 3 | 4 | 5 |
| Afraid | 1 | 2 | 3 | 4 | 5 |