PANAS scale:

Rate how much you currently feel the emotions listed below:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1  Very slightly or Not at All | 2  A little | 3  Moderately | 4  Quite a bit | 5  Extremely |

|  |  |  |
| --- | --- | --- |
| 61. Interested | Positive |  |
| 1. Disinterested |  |  |
| 1. Excited | Positive |  |
| 1. Upsest |  |  |
| 1. Strong | Positive |  |
| 1. Guilty |  |  |
| 1. Scared |  |  |
| 1. Hostile |  |  |
| 1. Enthusiastic | Positive |  |
| 1. Proud | Positive |  |
| 1. Irritable |  |  |
| 1. Alert | Positive |  |
| 1. Ashamed |  |  |
| 1. Inspired | Positive |  |
| 1. Nervous |  |  |
| 1. Determined | Positive |  |
| 1. Attentive | Positive |  |
| 1. Jittery |  |  |
| 1. Active | Positive |  |
| 1. Afraid |  |  |
|  |  |  |

Positive: Scoring highly on Positive affect= scoring above 30 on the positive emotions.

Negative: Total of the scores on the negative rows. Scoring higher than 15 on the negative scores.

(Watson, Clarke, & Tellegan, 1988)

# References

Watson, D., Clarke, L. A., & Tellegan, A. (1988). Development and validation of brief measures of positive and negative affeect: The PANAS scales. *Journal of Personality and Social Psychology*, 1063-1070.