

## Positive and Negative Affective Scale (PANAS)

This questionnaire consists of a series of words describing different moods and feelings. Read each item and then write the appropriate answer in the space next to that word. Indicate the extent to which you are feeling at the moment. Use the following scale to rank your answers:

1 = not at all, 2 = a little, 3 = moderately, 4 = considerably, 5 = very much

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

## Visual Analogue Scales

Please indicate how you are feeling at the moment by placing a cross on the horizontal lines. For example, the first line asks how stressed you currently feel. 0 would mean that you do not feel stressed at all. 100 means that you feel very stressed.

How stressed do you feel?

Not at all Very much



How ashamed do you feel?

Not at all Very much



How insecure do you feel?

Not at all Very much



How confident do you feel?

Not at all Very much

