

The PANAS

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 [INSERT APPROPRIATE TIME INSTRUCTIONS HERE]. Use the following scale to record your answers.

1	2	3	4	5
very slightly or not at all	a little	moderately	quite a bit	extremely
	<input type="text"/> interested		<input type="text"/> irritable	
	<input type="text"/> distressed		<input type="text"/> alert	
	<input type="text"/> excited		<input type="text"/> ashamed	
	<input type="text"/> upset		<input type="text"/> inspired	
	<input type="text"/> strong		<input type="text"/> nervous	
	<input type="text"/> guilty		<input type="text"/> determined	
	<input type="text"/> scared		<input type="text"/> attentive	
	<input type="text"/> hostile		<input type="text"/> jittery	
	<input type="text"/> enthusiastic		<input type="text"/> active	
	<input type="text"/> proud		<input type="text"/> afraid	

We have used PANAS with the following time instructions:

- | | |
|----------------|---|
| Moment | (you feel this way right now, that is, at the present moment) |
| Today | (you have felt this way today) |
| Past few days | (you have felt this way during the past few days) |
| Week | (you have felt this way during the past week) |
| Past few weeks | (you have felt this way during the past few weeks) |
| Year | (you have felt this way during the past year) |
| General | (you generally feel this way, that is, how you feel on the average) |