**PANAS**

**指导语：**这是一个由20个描述不同情感、情绪的词汇组成的量表，请阅读每一个词语并根据你此时此刻的实际感受选择相应的数字。

1=几乎没有；2=比较少；3=中等程度；4=比较多；5=极其多

|  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 开始实验之前填写 | | | | | | 实验结束之后填写 | | | | |
| 编号 | 1 | 2 | 3 | 4 | 5 |  | 1 | 2 | 3 | 4 | 5 |
| 1. 感兴趣的 |  |  |  |  |  |  |  |  |  |  |
| 2. 心烦的 |  |  |  |  |  |  |  |  |  |  |
| 3. 精神活力高的 |  |  |  |  |  |  |  |  |  |  |
| 4. 心神不宁的 |  |  |  |  |  |  |  |  |  |  |
| 5. 劲头足的 |  |  |  |  |  |  |  |  |  |  |
| 6. 内疚的 |  |  |  |  |  |  |  |  |  |  |
| 7. 恐惧的 |  |  |  |  |  |  |  |  |  |  |
| 8. 敌意的 |  |  |  |  |  |  |  |  |  |  |
| 9. 热情的 |  |  |  |  |  |  |  |  |  |  |
| 10.自豪的 |  |  |  |  |  |  |  |  |  |  |
| 11.易怒的 |  |  |  |  |  |  |  |  |  |  |
| 12.警觉性高的 |  |  |  |  |  |  |  |  |  |  |
| 13.害羞的 |  |  |  |  |  |  |  |  |  |  |
| 14.备受鼓舞的 |  |  |  |  |  |  |  |  |  |  |
| 15.紧张的 |  |  |  |  |  |  |  |  |  |  |
| 16.意志坚定的 |  |  |  |  |  |  |  |  |  |  |
| 17.注意力集中的 |  |  |  |  |  |  |  |  |  |  |
| 18.坐立不安的 |  |  |  |  |  |  |  |  |  |  |
| 19.有活力的 |  |  |  |  |  |  |  |  |  |  |
| 20.害怕的 |  |  |  |  |  |  |  |  |  |  |
| 时间 |  |  |  |  |  |  |  |  |  |  |