

PANAS

1. **Interested:** Showing curiosity or concern about something; having a desire to learn or engage with a topic or activity. *(Positive)*
2. **Distressed:** Experiencing extreme discomfort, pain, or anxiety, often as a reaction to adverse circumstances. *(Negative)*
3. **Excited:** Feeling enthusiastic, thrilled, or elated, typically due to an anticipated or positive event. *(Positive)*
4. **Upset:** Experiencing emotional discomfort or distress, often due to disappointment, conflict, or a troubling situation. *(Negative)*
5. **Strong:** Possessing great physical, mental, or emotional resilience or power; capable of enduring or overcoming challenges. *(Positive)*
6. **Guilty:** Feeling remorse or regret for having committed a wrongdoing or failed to meet personal or social standards. *(Negative)*
7. **Scared:** Experiencing fear or anxiety, often in response to a perceived threat or danger. *(Negative)*
8. **Hostile:** Feeling or showing antagonism, opposition, or aggression toward someone or something. *(Negative)*
9. **Enthusiastic:** Displaying intense excitement, interest, or eagerness about a particular subject or activity. *(Positive)*
10. **Proud:** Feeling a sense of satisfaction or accomplishment about oneself or someone else, often related to achievements or qualities. *(Positive)*
11. **Irritable:** Easily annoyed or angered, often due to stress, discomfort, or frustration. *(Negative)*
12. **Alert:** Being fully aware, vigilant, and responsive to one's surroundings or circumstances. *(Positive)*
13. **Ashamed:** Feeling embarrassed, humiliated, or regretful about one's actions, behavior, or circumstances. *(Negative)*
14. **Inspired:** Feeling motivated or uplifted, often due to a significant event, person, or idea that sparks creativity or purpose. *(Positive)*
15. **Nervous:** Experiencing anxiety or worry, especially in anticipation of a challenging or uncertain situation. *(Negative)*
16. **Determined:** Possessing a strong resolve or focus to achieve a goal despite obstacles or difficulties. *(Positive)*
17. **Attentive:** Giving full concentration, focus, or care to someone or something; being mindful and observant. *(Positive)*
18. **Jittery:** Feeling nervous or shaky, often as a result of fear, excitement, or caffeine. *(Negative)*
19. **Active:** Engaging in energetic movement, participation, or productivity; not idle or inactive. *(Positive)*
20. **Afraid:** Feeling fear or apprehension, typically in response to a threat, danger, or the unknown. *(Negative)*

POMS

1. **Tense:** Feeling mental or physical strain or stress, often due to pressure or worry. *(Negative)*
2. **Angry:** Feeling strong displeasure, irritation, or hostility, often in response to perceived wrongs. *(Negative)*
3. **Worn Out:** Feeling physically or mentally exhausted, often from overwork or stress. *(Negative)*
4. **Unhappy:** Feeling discontented, dissatisfied, or sorrowful. *(Negative)*
5. **Proud:** Feeling a sense of satisfaction or accomplishment about oneself or someone else, often related to achievements or qualities. *(Positive)*
6. **Lively:** Full of energy, enthusiasm, or activity. *(Positive)*
7. **Confused:** Feeling uncertain or unclear about something; lacking understanding. *(Negative)*
8. **Sad:** Feeling sorrow, unhappiness, or dejection. *(Negative)*
9. **Active:** Engaging in energetic movement, participation, or productivity; not idle or inactive. *(Positive)*
10. **On-edge:** Feeling tense or anxious, often in anticipation of a challenging or troubling situation. *(Negative)*
11. **Grouchy:** Irritable, bad-tempered, or prone to complaining. *(Negative)*
12. **Ashamed:** Feeling embarrassed, humiliated, or regretful about one's actions, behavior, or circumstances. *(Negative)*
13. **Energetic:** Feeling full of energy, vitality, and enthusiasm. *(Positive)*
14. **Hopeless:** Feeling a lack of hope, optimism, or the belief that improvement is possible. *(Negative)*
15. **Uneasy:** Feeling unsettled, uncomfortable, or worried about something. *(Negative)*
16. **Restless:** Unable to relax or sit still, often due to anxiety, excitement, or boredom. *(Negative)*
17. **Unable to concentrate:** Struggling to maintain focus or attention on tasks or activities. *(Negative)*
18. **Fatigued:** Experiencing extreme physical or mental tiredness or exhaustion. *(Negative)*
19. **Competent:** Feeling capable, skilled, or well-qualified to handle tasks or challenges. *(Positive)*
20. **Annoyed:** Feeling slightly irritated or bothered by something. *(Negative)*
21. **Discouraged:** Feeling a lack of confidence, hope, or motivation, often due to setbacks or failures. *(Negative)*
22. **Resentful:** Feeling bitterness or anger due to perceived unfair treatment. *(Negative)*
23. **Nervous:** Experiencing anxiety or worry, especially in anticipation of a challenging or uncertain situation. *(Negative)*
24. **Miserable:** Feeling very unhappy, uncomfortable, or wretched. *(Negative)*
25. **Confident:** Feeling self-assured and certain about one's abilities or decisions. *(Positive)*
26. **Bitter:** Feeling angry or resentful due to perceived injustice or hardship. *(Negative)*
27. **Exhausted:** Feeling extremely tired or drained, both physically and mentally. *(Negative)*
28. **Anxious:** Experiencing unease or worry, often about potential outcomes or events. *(Negative)*

29. **Helpless:** Feeling unable to take control or influence a situation, often accompanied by despair. *(Negative)*
30. **Weary:** Feeling tired, fatigued, or worn down, often from prolonged effort or stress. *(Negative)*
31. **Satisfied:** Feeling content, fulfilled, or pleased with a situation or outcome. *(Positive)*
32. **Bewildered:** Feeling confused or perplexed, often by unexpected or complex situations. *(Negative)*
33. **Furious:** Feeling extremely angry or enraged. *(Negative)*
34. **Full of Pep:** Feeling lively, energetic, and enthusiastic. *(Positive)*
35. **Worthless:** Feeling lacking in value, usefulness, or self-worth. *(Negative)*
36. **Forgetful:** Struggling to remember information, often due to distraction or stress. *(Negative)*
37. **Vigorous:** Feeling strong, healthy, and full of energy. *(Positive)*
38. **Uncertain about things:** Feeling doubtful, unsure, or lacking confidence in decisions or outcomes. *(Negative)*
39. **Bushed:** Feeling very tired or exhausted, typically after exertion. *(Negative)*
40. **Embarrassed:** Feeling awkward, self-conscious, or ashamed due to a socially uncomfortable situation. *(Negative)*

SWB

Valence

Valence describes the emotional value associated with a stimulus. A positive valence means the stimulus is pleasant (like joy), and a negative valence means it's unpleasant (like fear or anger).

Our scale is from 0 neutral to 10 extremely positive.

Arousal

Arousal is the physiological and psychological state of being awake or reactive to stimuli. It reflects how intense or energized an emotion is—calm or excited, for example.