Positive and Negative Affect Schedule (PANAS-SF)

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Indicate the extent to which you currently feel this way. | | **Very**  **slightly or not at all** | **A little** | **Moderately** | **Quite a bit** | **Extremely** |
| PANAS  1 | Interested | 1 | 2 | 3 | 4 | 5 |
| PANAS  2 | Distressed | 1 | 2 | 3 | 4 | 5 |
| PANAS  3 | Excited | 1 | 2 | 3 | 4 | 5 |
| PANAS  4 | Upset | 1 | 2 | 3 | 4 | 5 |
| PANAS  5 | Strong | 1 | 2 | 3 | 4 | 5 |
| PANAS  6 | Guilty | 1 | 2 | 3 | 4 | 5 |
| PANAS  7 | Scared | 1 | 2 | 3 | 4 | 5 |
| PANAS  8 | Hostile | 1 | 2 | 3 | 4 | 5 |
| PANAS  9 | Enthusiastic | 1 | 2 | 3 | 4 | 5 |
| PANAS  10 | Proud | 1 | 2 | 3 | 4 | 5 |
| PANAS  11 | Irritable | 1 | 2 | 3 | 4 | 5 |
| PANAS  12 | Alert | 1 | 2 | 3 | 4 | 5 |
| PANAS  13 | Ashamed | 1 | 2 | 3 | 4 | 5 |
| PANAS  14 | Inspired | 1 | 2 | 3 | 4 | 5 |
| PANAS  15 | Nervous | 1 | 2 | 3 | 4 | 5 |
| PANAS  16 | Determined | 1 | 2 | 3 | 4 | 5 |
| PANAS  17 | Attentive | 1 | 2 | 3 | 4 | 5 |
| PANAS  18 | Jittery | 1 | 2 | 3 | 4 | 5 |
| PANAS  19 | Active | 1 | 2 | 3 | 4 | 5 |
| PANAS  20 | Afraid | 1 | 2 | 3 | 4 | 5 |