**PANAS questionnaire template**

Use this PANAS questionnaire template to fill in the PANAS Scale. The PANAS scale lists different feelings and emotions on which you can link a score to, based on how you are feeling. First select a timespan before filling in the scores. At the bottom you can find scoring instructions. The fields in this PANAS template are editable. You can also print this template to create hand-outs.

* For more information, visit:  
  <https://www.toolshero.com/personal-happiness/panas-scale/>

**Time instructions**

There are different time instructions possible when using the PANAS Scale. Mark the option that you are applying for this test:

* Moment (you feel this way right now)
* 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)

**Scale & Scorecard**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| 1 Very slightly or not at all | 2  A little | 3 Moderately | 4 Quite a bit | 5 Extremely |

|  |  |  |
| --- | --- | --- |
| **#** | **Score** | **Feelings/emotions** |
| 1 | 30 | Interested |
| 2 | 10 | Distressed |
| 3 | 35 | Excited |
| 4 | 10 | Upset |
| 5 | 25 | Strong |
| 6 | 10 | Guilty |
| 7 | 10 | Scared |
| 8 | 5 | Hostile |
| 9 | 35 | Enthusiastic |
| 10 | 30 | Proud |

|  |  |  |
| --- | --- | --- |
| **#** | **Score** | **Feelings/emotions** |
| 11 | 5 | Irritable |
| 12 | 5 | Alert |
| 13 | 5 | Ashamed |
| 14 | 25 | Inspired |
| 15 | 10 | Nervous |
| 16 | 30 | Determined |
| 17 | 35 | Attentive |
| 18 | 5 | Jittery |
| 19 | 40 | Active |
| 20 | 10 | Afraid |

**Scoring instructions**

**Positive Affect Score**Add the scores on items 1, 3, 5, 9, 10, 12, 14, 16, 17 & 19. Scores can range between 10 – 50. Higher scores represent higher levels of positive affect. Mean scores: momentary = 29.7 and weekly = 33.3.

**Negative Affect Score**Add the scores on items 2, 4, 6, 7, 8, 11, 13, 15, 18 & 20. Scores can range between 10 – 50. Higher scores represent higher levels of negative affect. Mean scores: momentary = 14.8 and weekly = 17.4.