

PANAS-X

This scale consists of a number of words and phrases 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 you feel this way *right now*. 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

1. _____ cheerful
2. _____ disgusted
3. _____ attentive
4. _____ bashful
5. _____ sluggish
6. _____ daring
7. _____ surprised
8. _____ strong
9. _____ scornful
10. _____ relaxed
11. _____ irritable
12. _____ delighted
13. _____ inspired
14. _____ fearless
15. _____ disgusted with self
16. _____ sad
17. _____ calm
18. _____ afraid
19. _____ tired
20. _____ amazed
21. _____ shaky
22. _____ happy
23. _____ timid
24. _____ alone
25. _____ alert
26. _____ upset
27. _____ angry
28. _____ bold
29. _____ blue
30. _____ shy
31. _____ active
32. _____ guilty
33. _____ joyful
34. _____ nervous

35. _____ lonely
36. _____ sleepy
37. _____ excited
38. _____ hostile
39. _____ proud
40. _____ jittery
41. _____ lively
42. _____ ashamed
43. _____ at ease
44. _____ scared
45. _____ drowsy
46. _____ angry at self
47. _____ enthusiastic
48. _____ downhearted
49. _____ sheepish
50. _____ distressed
51. _____ blameworthy
52. _____ determined
53. _____ frightened
54. _____ astonished
55. _____ interested
56. _____ loathing
57. _____ confident
58. _____ energetic
59. _____ concentrating
60. _____ dissatisfied with self

Scales

General Positive Emotion:= (p31 + p25 + p3 + p52 + p47 + p37 + p13 + p55 + p39 + p8)

General Negative Emotion:= (p18 + p44 + p34 + p40 + p11 + p38 + p32 + p42 + p26 + p50)

fear:= (p18 + p44 + p53 + p34 + p40 + p21)

hostility:= (p37 + p38 + p11 + p9 + p2 + p56)

guilt:= (p32 + p42 + p51 + p46 + p15 + p60)

sadness:= (p16 + p29 + p48 + p24 + p35)

joviality:= (p22 + p33 + p12 + p1 + p37 + p47 + p41 + p58)

self_assurance:= (p39 + p3 + p57 + p28 + p6 + p14)

attentiveness:= (p25 + p3 + p59 + p52)

shyness:= (p30 + p4 + p49 + p23)

fatigue:= (p36 + p19 + p5 + p45)

serenity:= (p17 + p10 + p43)

surprise:= (p20 + p7 + p54)

basic positive affect:= (joviality+self_assurance+attentiveness)/3

basic negative affect:= (sadness+guilt+hostility+fear)/4