

PANAS

name: _____

date: _____

This scale consists of a number of words that describe different feelings and emotions. Read each item and indicate to what extent you have experienced this feeling/emotion in the last week.

		<i>very slightly or not at all</i>	<i>a little</i>	<i>moderately</i>	<i>quite a bit</i>	<i>very much</i>
1	interested					
2	<i>distressed</i>					
3	excited					
4	<i>upset</i>					
5	strong					
6	<i>guilty</i>					
7	<i>scared</i>					
8	<i>hostile</i>					
9	enthusiastic					
10	proud					
11	<i>irritable</i>					
12	alert					
13	<i>ashamed</i>					
14	inspired					
15	<i>nervous</i>					
16	determined					
17	attentive					
18	<i>jittery</i>					
19	active					
20	<i>afraid</i>					

score 1 for items in column one, 2 for column two, 3 for three, 4 for four & 5 for items in column five. Then add subtotals for the ten *negative* items (2, 4, 6, 7, 8, 11, 13, 15, 18 & 20) and for the ten *positive* items (1, 3, 5, 9, 10, 12, 14, 16, 17 & 19).

negative subtotal = (bottom % ____); **positive subtotal =** (top % ____)

Crawford, J. R. & J. D. Henry (2004). "The positive and negative affect schedule (PANAS): construct validity, measurement properties and normative data in a large non-clinical sample." Br J Clin Psychol 43(3): 245-65.

Craske, M. G., et al. (2019). "Positive affect treatment for depression and anxiety: A randomized clinical trial for a core feature of anhedonia." J Consult Clin Psychol 87(5): 457-471.