

## PANAS

(Reference: Watson, D., Clark, L. A., & Tellegan, A. 1988)

This scale consists of a number of words that describe different feelings and emotions. Read each item and then list the number from the scale below next to each word. Indicate to what extent (1-5) you feel this way right now, that is, at the present moment OR indicate the extent (1-5) you have felt this way over the past week, for each of the 20 feelings / emotions below.

Please indicate here if you used this measure for the  **present moment** or over the  **past week**.

1 Very slightly or not at all	2 A little	3 Moderately	4 Quite a bit	5 Extremely
1. ____	Interested		11. ____	Irritable
2. ____	Distressed		12. ____	Alert
3. ____	Excited		13. ____	Ashamed
4. ____	Upset		14. ____	Inspired
5. ____	Strong		15. ____	Nervous
6. ____	Guilty		16. ____	Determined
7. ____	Scared		17. ____	Attentive
8. ____	Hostile		18. ____	Jittery
9. ____	Enthusiastic		19. ____	Active
10. ____	Proud		20. ____	Afraid