



Red Willow

COUNSELING & RECOVERY

The Positive and Negative Affect Schedule (PANAS)

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

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.

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.

Source: Watson et al., 1981.