

# Positive and Negative Affect Schedule (PANAS)

Instructions: Determine the schedule you wish to assess (momentary, daily, weekly, general, etc.). Review the list of positive and negative affects below and give each the score best representing each affect. Scoring instructions are at the bottom of the page.

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

## POSITIVE AFFECT (PA)

PA 1	Valued	
PA 2	Active	
PA 3	Comfortable	
PA 4	Optimistic	
PA 5	Motivated	
PA 6	Determined	
PA 7	Productive	
PA 8	Accomplished	
PA 9	Friendly	
PA 10	Empowered	
	<b>Total PA</b>	

## NEGATIVE AFFECT (NA)

NA 1	Discouraged	
NA 2	Irritable	
NA 3	Restless	
NA 4	Pessimistic	
NA 5	Overwhelmed	
NA 6	Uncertain	
NA 7	Unproductive	
NA 8	Defeated	
NA 9	Hostile / Unfriendly	
NA 10	Disappointed	
	<b>Total NA</b>	

### Scoring Instructions:

Scores can range from 10 – 50.

Higher scores represent higher levels of a positive and negative affect schedule.

Lower scores represent lower levels of a positive and negative affect schedule.

Mean scores for momentary affect:

PA = 29.7

NA = 14.8

Mean scores for weekly affect:

PA = 33.3

NA = 17.4