Assessment:

PANAS

1. ____interested
2. ____distressed
3. ____excited
4. ____upset
5. ____strong
6. ____guilty
7. ____scared
8. ____hostile
9. ____enthusiastic
10. ____proud

1. ____irritable
2. ____alert
3. ____ashamed
4. ____inspired
5. ____nervous
6. ____determined
7. ____attentive
8. ____jittery
9. ____active
10. ____afraid

Response Categories:
Very slightly or not at all
A little
Moderately
Quite a Bit
Extremely