

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