

## PANAS Questionnaire

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

Feeling	Score		Check	
1	Interested			
2	Distressed			
3	Excited			
4	Upset			
5	Strong			
6	Guilty			
7	Scared			
8	Hostile			
9	Enthusiastic			
10	Proud			
11	Irritable			
12	Alert			
13	Ashamed			
14	Inspired			
15	Nervous			
16	Determined			
17	Attentive			
18	Jittery			
19	Active			
20	Afraid			

fold the flap over the check area when entering scores - copy scores across to the blank check cells when finished

flap

		<b>Result</b>
Totals	-	=