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	pe					
2	Distressed	finishe					
3	Excited	when					
4	Upset	x cells					
5	Strong	t chec					
6	Guilty	e blank					
7	Scared	to the					
8	Hostile	across					
9	Enthusiastic	cores					
10	Proud	s Adox				flap	
11	Irritable	res - 0				fla	
12	Alert	ug sco					
13	Ashamed	enteri					
14	Inspired	when					
15	Nervous	k area					
16	Determined	e chec					
17	Attentive	ver the					
18	Jittery	flap o					
19	Active	fold the flap over the check area when entering scores - copy scores across to the blank check cells when finished					
20	Afraid	ţ.					
Result							
Totals				-	=		