

## Negative and Positive Affect Scales

Instructions: Below are some words that may describe how you felt during the last month. Read each one and circle a number (from 1 to 5) to show if you felt this way.

- 1 = Not at all true
- 2 = A little true
- 3 = Somewhat true
- 4 = Pretty true
- 5 = Very true

During the last month I felt:

- |                             |   |   |   |   |   |
|-----------------------------|---|---|---|---|---|
| 1. tense                    | 1 | 2 | 3 | 4 | 5 |
| 2. afraid                   | 1 | 2 | 3 | 4 | 5 |
| 3. dissatisfied with things | 1 | 2 | 3 | 4 | 5 |
| 4. cheerful                 | 1 | 2 | 3 | 4 | 5 |
| 5. weak                     | 1 | 2 | 3 | 4 | 5 |
| 6. sad                      | 1 | 2 | 3 | 4 | 5 |
| 7. healthy                  | 1 | 2 | 3 | 4 | 5 |
| 8. satisfied with things    | 1 | 2 | 3 | 4 | 5 |
| 9. enjoyed things           | 1 | 2 | 3 | 4 | 5 |
| 10. worried                 | 1 | 2 | 3 | 4 | 5 |
| 11. hostile                 | 1 | 2 | 3 | 4 | 5 |
| 12. nervous                 | 1 | 2 | 3 | 4 | 5 |
| 13. interested in things    | 1 | 2 | 3 | 4 | 5 |
| 14. happy                   | 1 | 2 | 3 | 4 | 5 |
| 15. alert                   | 1 | 2 | 3 | 4 | 5 |
| 16. confident about things  | 1 | 2 | 3 | 4 | 5 |
| 17. irritated               | 1 | 2 | 3 | 4 | 5 |
| 18. angry                   | 1 | 2 | 3 | 4 | 5 |

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19. strong 1 2 3 4 5

20. depressed 1 2 3 4 5

21. upset 1 2 3 4 5

22. friendly 1 2 3 4 5

23. had a lot of energy 1 2 3 4 5

24. relaxed 1 2 3 4 5