PANAS

Positive and Negative Affect Schedule (PANAS)

The PANAS is a brief self-report questionnaire that measures two relatively independent dimensions of mood: positive affect and negative affect. It includes 20 emotion adjectives and estimates the intensity of the pleasant and unpleasant emotions experienced over a reference period defined by the clinician (right now, today, over the past week, in general, etc.). It helps objectify emotional state, monitor mood fluctuations, and complement the assessment of anxiety, depressive, or stress symptoms.

Number of questions	20 questions
Estimated duration	5 minutes
Language	English
Original name	Positive and Negative Affect Schedule
Target audience	Adolescents and adults
Authors	David Watson, Lee Anna Clark, Auke Tellegen (1988)
Category	Mood disorders

Preview of the 20 questions

Indicate the extent you have felt this way over the past week.

Interested

Very slightly or not at all | A little | Moderately | Quite a bit | Extremely

Indicate the extent you have felt this way over the past week.

Distressed

Very slightly or not at all | A little | Moderately | Quite a bit | Extremely

Indicate the extent you have felt this way over the past week.

Excited

Very slightly or not at all | A little | Moderately | Quite a bit | Extremely

Indicate the extent you have felt this way over the past week.

Upset

Very slightly or not at all	A little	Moderately	Quite a bit	Extremely

Indicate the extent you have felt this way over the past week.

Strong

Very slightly or not at all	A little	Moderately	Quite a bit	Extremely

Scoring & interpretation

Each item is rated from 1 to 5 according to the intensity felt. Sum the 10 positive affect items and the 10 negative affect items separately. Each subscore ranges from 10 to 50. A high positive affect score indicates more energy, engagement, and pleasant emotions; a high negative affect score indicates more subjective distress and unpleasant emotions. It is recommended to interpret the two dimensions separately rather than calculating an overall total score.