

## activity 4.3 the PANAS (positive and negative affect schedule)

### CONCEPT

Studies of affective structure have consistently shown that positive and negative affect are the two primary dimensions of mood. For example, they appear as the first two factors in factor analysis of self-rated mood and as the first two dimensions in multidimensional scalings of facial expressions. This activity contains Watson, Clark, and Tellegen's (1988) brief measures of positive and negative affect.

### MATERIALS

Handout 4.3

### DESCRIPTION

Distribute the handout to the students, allowing them to complete it as classwork or as a homework assignment. Scores for each scale are obtained by adding the numbers in front of each relevant item.

### DISCUSSION

Ten of the listed items (interested, excited, strong, enthusiastic, proud, alert, inspired, determined, attentive, and active) form the Positive Affect scale, and the other 10 (distressed, upset, guilty, scared, hostile, irritable, ashamed, nervous, jittery, and afraid) form the Negative Affect scale. A large sample of undergraduates had means of 35.0 and 18.1 on the Positive and Negative scales, respectively.

Positive affect (PA) reflects the degree to which a person feels enthusiastic, active, and alert. High PA constitutes a state of high energy, full concentration, and pleasurable engagement, whereas low PA is marked by sadness and lethargy. Negative affect (NA) is a general dimension of subjective distress that subsumes a variety of aversive states, including anger, contempt, disgust, guilt, fear, and nervousness. Low NA is a state of calmness and serenity. Research

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has indicated that NA but not PA is related to stress and poor coping, health complaints, and frequency of unpleasant events. In contrast, PA but not NA is related to level of social activity and life satisfaction, as well as to the relative frequency of pleasant events.

## REFERENCE

Watson, D., Clark, L., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales. *Journal of Personality and Social Psychology*, *54*, 1063–1070.

*Activity source:* Adapted from Fineburg, A. C. (2008). Teacher's resources to accompany *Thinking about psychology* (2nd ed.) by C. T. Blair-Broeker & R. M. Ernst. New York, NY: Worth. Adapted with permission.

## HANDOUT 4.3

### the PANAS

The words listed below describe different feelings and emotions. Read each item and then, in the space next to that word, indicate the extent to which you generally feel that way, that is, how you feel on the average.

1	2	3	4	5
very slightly or not at all	a little	moderately	quite a bit	extremely
___	interested	___	irritable	
___	distressed	___	alert	
___	excited	___	ashamed	
___	upset	___	inspired	
___	strong	___	nervous	
___	guilty	___	determined	
___	scared	___	attentive	
___	hostile	___	jittery	
___	enthusiastic	___	active	
___	proud	___	afraid	

*Source:* Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: The PANAS scales [Appendix]. *Journal of Personality and Social Psychology*, 54, p. 1070. Copyright © 1988 by the American Psychological Association. Reprinted with permission.

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