

1. The PANAS

This scale consists of a number of words that describe different feelings and emotions. Read or listen to each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you have felt this way **in the last year**. Use the following scale for your answers.

PANAS SCALE

1 = very slightly or not at all
2 = a little
3 = moderately
4 = quite a bit
5 = extremely

PANAS ITEMS

Interested	VS/NAA	AL	M	QAB	E
Distressed	VS/NAA	AL	M	QAB	E
Excited	VS/NAA	AL	M	QAB	E
Upset	VS/NAA	AL	M	QAB	E
Strong	VS/NAA	AL	M	QAB	E
Guilty	VS/NAA	AL	M	QAB	E
Scared	VS/NAA	AL	M	QAB	E
Hostile	VS/NAA	AL	M	QAB	E
Enthusiastic	VS/NAA	AL	M	QAB	E
Proud	VS/NAA	AL	M	QAB	E
Irritable	VS/NAA	AL	M	QAB	E
Alert	VS/NAA	AL	M	QAB	E
Ashamed	VS/NAA	AL	M	QAB	E
Inspired	VS/NAA	AL	M	QAB	E
Nervous	VS/NAA	AL	M	QAB	E
Determined	VS/NAA	AL	M	QAB	E
Attentive	VS/NAA	AL	M	QAB	E
Jittery	VS/NAA	AL	M	QAB	E
Active	VS/NAA	AL	M	QAB	E
Afraid	VS/NAA	AL	M	QAB	E
Added items	VS/NAA	AL	M	QAB	E

2. The Satisfaction With Life Scale (SWLS)

Below are four statements that you may agree or disagree with. Using the 1 – 5 scale below indicate your agreement with each item by placing the appropriate number on the line preceding that item. Please be open and honest in your responding.

SWL SCALE	1	Strongly agree
	2	Agree
	3	Neither agree nor disagree
	4	Disagree
	5	Strongly disagree

In most ways my life is close to my ideal	SA	A	NA/D	D	SD
The conditions of my life are excellent	SA	A	NA/D	D	SD
I am satisfied with my life	SA	A	NA/D	D	SD
So far I have gotten the important things I want in life	SA	A	NA/D	D	SD

Please ask the respondent if there is anything they would like to tell you as a result of answering these questions.