

# **PANAS:** Positive and Negative Affect Schedule

## Full Profile Review

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## **Name of the measure**

PANAS: Positive and Negative Affect Schedule

## **Author(s) / Publisher(s)**

- English original (US):

<https://positivepsychology.com/positive-and-negative-affect-schedule-panas/>

Author: David Watson, Lee Anna Clark, & Auke Tellegen.

Publisher: Free source

- German translation (DE)

Author: Heinz Walter Krohne, Boris Egloff, Carl-Walter Kohlmann, & Anja Tausch.

- Arabic translation (TN)

Author: Sofiane Mandala, Ali Elloumi, Jamel Hajji, & N.L. Bragazzi.

- Estonian translation (EE)

Author: Jüri Allik & Anu Realo.

- Russian translation (RU)

Author: Galina Balatsky & Ed Diener.

- Spanish translation (ES)

Author: Thomas E. Joiner Jr., Bonifacio Sandin, Paloma Chorot, Lourdes Lostao, & Graciela Marquina.

- Swedish translation (SE)

Author: Pernilla K. Hilleras, Anthony F. Jorm, Agneta Herlitz, & Bengt Windbald.

- Turkish translation (TR)

Author: Tülin Gençöz.

## **Age Range**

3-7 years

## **Age Range Information**

preschool and elementary school children

## **SEL Skills targeted**

Self-management

## **Scales and Subscales**

It measures mood or emotion.

This brief scale consists of 20 items, with 10 items measuring positive affect (e.g., excited, inspired) and 10 items measuring negative affect (e.g., upset, afraid).

Measures 11 specific affects: Fear, Sadness, Guilt, Hostility, Shyness, Fatigue, Surprise, Joviality, Self-Assurance, Attentiveness, and Serenity.

The PANAS thus provides for mood measurement at two different levels.

## Sources of information

Child, Parent

## Formats for administration

Questionnaire

## Administration

Individual

## Scoring

Manual

## Scoring information

Each item is rated on a five-point Likert Scale, ranging from 1 = Very Slightly or Not at all to 5 = Extremely, to measure the extent to which the affect has been experienced in a specified time frame.

## Psychometric Properties

The PANAS displays a very good internal reliability that is consistent with scores ranging from 0.86 to 0.90 for PA and 0.84 to 0.87 for NA (Magyar-Moe, 2009).

This level of consistency is found no matter what time instruction is utilized. Test-reliability was found to be good, over a timeframe of 8 weeks.

Spanish:

Internal Consistency: 0.85-0.74

could not access other articles to confirm psychometric properties (linked below in translations & adaptations)

## Training

No training is required

The questionnaire can be found in many places from the American Psychological Association website (toolshero.com) to several academic and psychological sources.

## Strengths and Weaknesses

The PANAS was designed to measure affect in various contexts such as at the present moment, the past day, week, or year, or in general (on average). Thus, the scale can be used to measure state affect, dispositional or trait affect, emotional fluctuations throughout a specific period of time, or emotional responses to events.

The PANAS has been found to be sensitive to fluctuations in mood. (Magyar-Moe, J. L. (2009, June 25). Since the scale is self-reported, that can also make it more challenging to accurately assess a person's state of mind because measuring something like this tends to be subjective. A multitude of studies has shown that PANAS has good properties, on a psychometric basis. However, some issues remain.

Additional versions of the PANAS scale have been created over time:

1) PANAS-C

- 2) PANAS-SF
- 3) I-PANAS-SF
- 4) PANAS-X

PANAS-C is the Positive and Negative Affect Schedule for Children. Practitioners who work with school-age children utilize it. (Magyar-Moe, 2009).

This test is designed to make it simpler for children to differentiate different emotional expressions and was created as a tool to help gauge children's moods.

PANAS-SF or short form is a more concise version of the original measurement.

I-PANAS-SF is a short form and an international version. It is designed for use by different nationalities. The assessment also has fewer ambiguities or less room for misinterpretations.

PANAS-X is a much more refined version of the test, developed in 1994 by Watson and Clark. On a positive note, this version of the assessment can be completed in much less time, approximately 10 minutes.

### Other Relevant Information

Laurent, J., Catanzaro, S.J., Joiner, T.E., Rudolph, K.D., Potter, K.I., Lambert, S., et al. (1999). A Measure of

Positive and Negative Affect for Children: Scale Development and Preliminary Validation. *Psychological Assessment*, 11, 326-338.

Watson, D., Clark, L. A., & Tellegen, A. (1988). Development and validation of brief measures of positive and negative affect: the PANAS scales. *Journal of personality and social psychology*, 54(6), 1063. DOI: 10.1037/0022-3514.54.6.1063

<https://www.statisticssolutions.com/free-resources/directory-of-survey-instruments/positive-and-negative-affect-schedule-panas/>

[https://link.springer.com/referenceworkentry/10.1007%2F978-1-4419-1005-9\\_978](https://link.springer.com/referenceworkentry/10.1007%2F978-1-4419-1005-9_978)

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2868265/>

### Citation

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