Positive and Negative Affect Schedule for Children (PANAS-C)

This assessment, similar to the Positive and Negative Affect Schedule (PANAS) for adults, is a valid and reliable tool to assess the frequency of positive and negative emotions in children. While it is often used to assess anxiety and depression in youth, it can also be used to assess the positive emotions that contribute to wellbeing. The PANAS-C consists of 29 self-report questions children can respond to on a 5-point Likert scale according to the frequency they experienced each emotion during the past week. There is a shortened 10-item version of this schedule which is similar in validity and is more efficient to administer.

Pros for Schools	Cons for Schools
29 questions with a shortened version of 10 questions Reliable and valid For children	Assesses only positive and negative emotions

Suggestions for Further Research

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