Positive and Negative Affect Schedule (PANAS)

The PANAS measures wellbeing through two mood scales: one measuring positive affect (emotions) and the other measuring negative affect. Participants respond to its 20 items on a 5-point Likert scale according to how often they have experienced specific emotions over the past week. The PANAS has moderately good reliability and validity (Watson, 1988), and it has been used in a variety of dissertations and articles (statistics solutions). Available in French, German, and Swedish as well as English, it can be used with no cost without the necessity of contacting the American Psychological Association Permissions Office for non-profit research purposes (Mapi Research Trust).
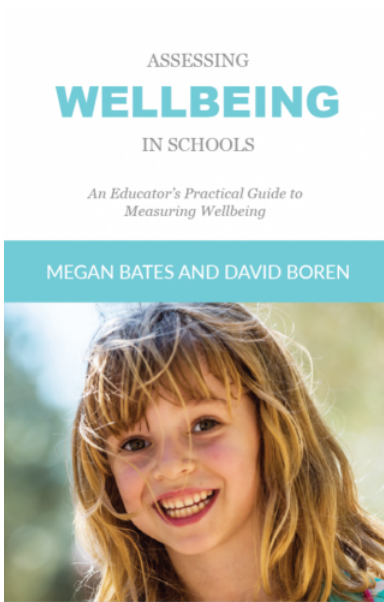
Pros for Schools	Cons for Schools
Has a partner scale for children (see PANAS-C) Multiple translations available	

Suggestions for Further Research

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ASSESSING
WELLBEING
IN SCHOOLS

An Educator's Practical Guide to Measuring Wellbeing

MEGAN BATES AND DAVID BOREN

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