

# Positive and Negative Affect Schedule (PANAS)

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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).

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**Pros for Schools****Cons for Schools**

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Has a partner scale for children (see PANAS-C)  
Multiple translations available

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### **Suggestions for Further Research**

Mapi Research Trust. (n.d.). Positive and Negative Affect Schedule (PANAS). Retrieved from <https://edtechbooks.org-VvT>

Positive and Negative Affect Schedule (PANAS). (n.d.). Retrieved from <https://edtechbooks.org-yttn>

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.

ASSESSING  
**WELLBEING**  
IN SCHOOLS

*An Educator's Practical Guide to  
Measuring Wellbeing*

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Bates, M. & Boren, D. M. (2019). *Assessing Wellbeing in Schools*. EdTech Books. Retrieved from <https://edtechbooks.org/wellbeing>



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