Positive and Negative Affect Schedule

**Title:** Development and Validation of Brief Measures of Positive and Negative Affect: The PANAS Scales, By: David Watson, Lee Anna Clark, Auke Tellegen, Journal of Personality and Social Psychology, 0022-3514, June 1, 1988, Vol. 54, Issue 6

Below are excerpts from their paper:

Briefly, Positive Affect (PA) reflects the extent to which a person feels enthusiastic, active, and alert. High PA is a state of high energy, full concentration, and pleasurable engagement, whereas low PA is characterized by sadness and lethargy. In contrast, Negative Affect (NA) is a general dimension of subjective distress and unpleasurable engagement that subsumes a variety of aversive mood states, including anger, contempt, disgust, guilt, fear, and nervousness, with low NA being a state of calmness and serenity.

We have presented information regarding the development of brief scales to measure the two primary dimensions of mood—Positive and Negative Affect. Whereas existing scales are unreliable, have poor convergent or discriminant properties, or are cumbersome in length, these 10-item scales are internally consistent and have excellent convergent and discriminant correlations with lengthier measures of the underlying mood factors. They also demonstrate appropriate stability over a 2-month time period. When used with short-term instructions (e.g., *right now or today*), they are sensitive to fluctuations in mood, whereas they exhibit trait-like stability when longer-term instructions are used (e.g., *past year or general*). The scales correlate at predicted levels with measures of related constructs and show the same pattern of relations with external variables that have been seen in other studies. For example, the PA scale (but not the NA scale) is related to social activity and shows significant diurnal variation, whereas the NA scale (but not the PA scale) is significantly related to perceived stress and shows no circadian pattern.

Thus, we offer the Positive and Negative Affect Schedule as a reliable, valid, and efficient means for measuring these two important dimensions of mood.
Here is an abstract from a paper that looked at psychometric properties of the SWLS.

The *Satisfaction With Life* Scale (SWLS) was developed to assess *satisfaction* with the respondent's *life* as a whole. The scale does not assess *satisfaction* with *life* domains such as health or finances but allows subjects to integrate and weight these domains in whatever way they choose. Normative data are presented for the scale, which shows good convergent validity with other scales and with other types of assessments of subjective well-being. *Life satisfaction* as assessed by the SWLS shows a degree of temporal stability (e.g., 54 for 4 years), yet the SWLS has shown sufficient sensitivity to be potentially valuable to detect change in *life satisfaction* during the course of clinical intervention. Further, the scale shows discriminant validity from emotional well-being measures. The SWLS is recommended as a complement to scales that focus on psychopathology or emotional well-being because it assesses an individuals' conscious evaluative judgment of his or her *life* by using the person's own criteria.