Positive and Negative Affect Schedule (PANAS)

by James Lani

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The Positive and Negative Affect Schedule (PANAS) comprises two mood scales, one that measures positive affect and the other which measures negative affect. Used as a psychometric scale, the PANAS can show relations between positive and negative affect with personality stats and traits. Ten descriptors are used for each PA scale and NA to define their meanings.

Participants in the PANAS are required to respond to a 20-item test using 5-point scale that ranges from very slightly or not at all (1) to extremely (5).

Authors

Dr. David Watson & Dr. Lee Anna Clark

To Obtain the Instrument

American Psychological Association

Reliability and Validity

Reliability and Validity reported by Watson (1988) was moderately good. For the Positive Affect Scale, the Cronbach alpha coefficient was 0.86 to 0.90; for the Negative Affect Scale, 0.84 to 0.87. Over a 8-week time period, the test-retest correlations were 0.47-0.68 for the PA and 0.39-0.71 for the NA. The PANAS has strong reported validity with such measures as general distress and dysfunction, depression, and state anxiety.

Administration, Analysis and Reporting

Statistics Solutions consists of a team of professional methodologists and statisticians that can assist the student or professional researcher in administering the survey instrument, collecting the data, conducting the analyses and explaining the results.

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Dissertations Using the Positive and Negative Affect Schedule
Below is a list of dissertations that use the PANAS. The full version of these dissertations can be found using ProQuest.


**References**


**Journals**


Little, Laura M.; Simmons, Bret L.; Nelson, L. Debra (2007). *Health Among Leaders: Positive and
Negative Affect, Engagement and Burnout, Forgiveness and Revenge, 44 (2), 243-260.