

## PANAS-X

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Modified by Cameron West in November 2014

This scale consists of a number of words and phrases that describe different feelings and emotions. Read each item and then mark the appropriate answer in the space next to that word. Indicate to what extent you are feeling this way right now. Use the following scale to record your answers:

1	2	3	4	5
very slightly or not at all	a little	moderately	quite a bit	very much

\_\_\_ angry  
\_\_\_ irritable  
\_\_\_ hostile  
\_\_\_ scornful  
\_\_\_ loathing  
\_\_\_ disgusted