

ID Number:



Manchester
Metropolitan
University

Happiness Survey

PANAS-X

This scale is made up of a number of words that describe feelings and emotions. Thinking about your past week on excavation please place a number between 1 and 5 next to each word, according to the scale below:

1 2 3 4 5
Very slightly A little Moderately Quite a bit Extremely
or not at all

Attentive		Strong	
Distressed		Ashamed	
Interested		Inspired	
Alert		Scared	
Jittery		Hostile	
Excited		Active	
Guilty		Nervous	
Afraid		Proud	
Enthusiastic		Upset	
Irritable		Determined	

