



TYPES OF POSITIVE AFFECT SCALE

INSTRUCTIONS

Below are a series of words that describe different positive emotions. Some of these emotions relate to feeling lively, energised and excited, whereas others relate to feelings of being relaxed, calm and peaceful. We are interested in the degree to which you commonly experience these feelings.

On the left hand side of the emotion words we would like you to rate how characteristic these feelings are of you by using the following scale:

Not Characteristic of me	Fairly Characteristic of me			Very Characteristic of me
0	1	2	3	4

How Characteristic?

0	1	2	3	4	Secure
0	1	2	3	4	Calm
0	1	2	3	4	Active
0	1	2	3	4	Laid Back
0	1	2	3	4	Lively
0	1	2	3	4	Energetic
0	1	2	3	4	Serene
0	1	2	3	4	Eager
0	1	2	3	4	Dynamic
0	1	2	3	4	Safe
0	1	2	3	4	Warm
0	1	2	3	4	Content
0	1	2	3	4	Excited
0	1	2	3	4	Adventurous
0	1	2	3	4	Tranquil
0	1	2	3	4	Peaceful
0	1	2	3	4	Enthusiastic
0	1	2	3	4	Relaxed



SCORING

Sum the items as follows:

Active positive affect

Energetic
Lively
Adventurous
Active
Enthusiastic
Dynamic
Excited
Eager

Relaxed positive affect

Relaxed
Peaceful
Calm
Tranquil
Laid back
Serene

Safe/warmth positive affect

Safe
Content
Secure
Warm

DESCRIPTION

TYPES OF POSITIVE AFFECT SCALE

The scale was developed to measure the degree to which people experience different positive emotions. Respondents are asked to rate 18 'feeling' words on a 5-point scale to indicate how characteristic it is of them (0= 'not characteristic of me' to 4 = 'very characteristic of me'). Factor analysis revealed three factors or subscales, these are: Activating Positive Affect (e.g., "excited", "dynamic", "active"); Relaxed Positive Affect e.g., "relaxed", "calm", "peaceful") and Safeness/contentment Positive Affect (e.g., "safe", "secure", "warm). The scale showed good psychometric properties with Cronbach alphas of .83 for Activating Positive Affect and Relaxed Positive Affect, and .73 for Safeness/contentment Positive Affect.

REFERENCE

Gilbert, P., McEwan, K., Mitra, R., Franks, L., Richter, A. & Rockliff, H. (2008). Feeling safe and content: A specific affect regulation system? Relationship to depression, anxiety, stress, and self-criticism. *The Journal of Positive Psychology*, 3, 182-191.