Positive Affect

Please respond to each question or statement by marking one box per row.

	In the past 7 days…	**Never**	**Rarely**	**Sometimes**	**Often**	**Always**
SWB_P_001R1	I felt calm	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_004R1	I felt peaceful	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_005R1	I felt satisfied	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_006R1	I felt content	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_007R1	I felt grateful	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_008R1	I felt thankful	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_009R1	I felt positive	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_011R1	I felt carefree	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_012R1	I felt relaxed	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_014R1	I felt comfortable	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_015R1	I felt fulfilled	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_020R1	I felt respected	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_021R1	I felt appreciated	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_022R1	I felt proud	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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In the past 7 days…

		Never	Rarely	Sometimes	Often	Always
SWB_P_023R1	I had much to be proud about.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_024R1	I felt pleased.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_025R1	I felt great.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_026R1	I felt cheerful	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_027R1	I felt happy.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_028R1	I had very strong happy feelings.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_029R1	I felt joyful.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_030R1	I felt delighted.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_032R1	My life was pleasurable.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_033R1	I smiled a lot	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_034R1	I laughed a lot	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_036R1	I was merry	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_037R1	I was in a good mood.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_038R1	I was in good spirits.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_039R1	I felt good	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_040R1	I felt blissful.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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In the past 7 days…

		Never	Rarely	Sometimes	Often	Always
SWB_P_042R1	I felt enthusiastic.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_044R1	I felt energetic.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_045R1	I had a lot of energy.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_047R1	I felt wide awake.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_049R1	I felt refreshed.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_050R1	I felt active.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_054R1	I felt full of pep.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_055R1	I felt strong	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SWB_P_057R1	I felt healthy.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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