Positive Affect

Please respond to each item by marking one box per row.

In the past 7 days…

		Not at all	A little bit	Somewhat	Quite a bit	Very much
PA001	I felt cheerful	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA002	I felt attentive.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA005	I felt relaxed	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA006	I felt delighted	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA007	I felt inspired	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA008	I felt fearless	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA010	I felt happy	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA014	I felt joyful.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA015	I felt excited.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA016	I felt proud.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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In the past 7 days…

		Not at all	A little bit	Somewhat	Quite a bit	Very much
PA017	I felt lively	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA018	I felt at ease	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA019	I felt enthusiastic	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA020	I felt determined	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA021	I felt interested.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA022	I felt confident	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA024	I felt able to concentrate	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA025	I was thinking creatively	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA026	I liked myself.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA027	My future looked good.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA029	I smiled and laughed a lot	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA030	I felt peaceful.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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In the past 7 days…

		Not at all	A little bit	Somewhat	Quite a bit	Very much
PA032	I was able to reach down deep into myself for comfort.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA033	I felt a sense of harmony within myself	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA034	I generally enjoyed the things I did	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA035	I felt lighthearted	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA036	I felt satisfied	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA037	I felt good-natured	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA039	I felt useful.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA040	I felt optimistic	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA041	I felt interested in other people.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA042	I felt understood.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA043	I felt grateful	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
PA044	I felt content.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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