**Negative Affect**

**NIH Toolbox Anger-Affect Survey**
Anger is a concept within the Negative Affect subdomain of Emotion. Anger is characterized by attitudes of hostility and cynicism and is often associated with experiences of frustration impeding goal-directed behavior. For adult self-report (ages 18 and above), Anger is comprised of three components: anger as an emotion, aggression as a behavioral component, and hostility as a set of cynical attitudes and mistrust of others and their motives. The NIH Toolbox Anger-Affect Survey is a computer-adaptive test (CAT) comprised of items from the PROMIS Anger Item Bank. It assesses anger as an emotion.

**NIH Toolbox Fear-Affect Survey**
Fear is a concept within the Negative Affect subdomain of Emotion. Fear is best characterized by symptoms of anxiety that reflect autonomic arousal and perceptions of threat. The NIH Toolbox Fear-Affect Survey is a CAT comprised of items from the PROMIS Anxiety Item Bank. It assesses self-reported fear and anxious misery.

**NIH Toolbox Fear-Somatic Arousal Survey**
Fear is a concept within the Negative Affect subdomain of Emotion. Fear is best characterized by symptoms of anxiety that reflect autonomic arousal and perceptions of threat. The NIH Toolbox Fear-Somatic Arousal Survey is a 6-item calibrated scale comprised of items from the Mood and Anxiety Symptom Questionnaire. It assesses somatic symptoms related to arousal.

**NIH Toolbox Sadness Survey**
Sadness is a concept within the Negative Affect subdomain of Emotion. Sadness is distinguished by low levels of positive affect and comprised of symptoms that are primarily affective (poor mood) and cognitive (negative perceptions of self, the world, and the future) indicators of depression. The NIH Toolbox Sadness Survey is a CAT comprised of items from the PROMIS Depression Item Bank.

**NIH Toolbox Anger Survey - self-report measure for children and adolescents (ages 8-17)**
Anger is a concept within the Negative Affect subdomain of Emotion. Anger is characterized by attitudes of hostility and cynicism and is often associated with experiences of frustration impeding goal-directed behavior. This self-report measure for children and adolescents (ages 8-17) is a 6-item calibrated scale comprised of items from the PROMIS Pediatric Anger Short Form. It assesses angry mood and aggression (verbal and physical).

**NIH Toolbox Fear Survey**
Fear is a concept within the Negative Affect subdomain of Emotion. Fear is best characterized by symptoms of anxiety that reflect autonomic arousal and perceptions of threat. This self-report measure for children and adolescents (ages 8-17) is an 8-item calibrated scale comprised of items from the PROMIS Pediatric Anxiety Short Form. It assesses fear, anxious misery, and hyperarousal.

**NIH Toolbox Sadness Survey - self-report measure for children and adolescents (ages 8-17)**
Sadness is a concept within the Negative Affect subdomain of Emotion. Sadness is distinguished by low levels of positive affect and comprised of symptoms that are primarily affective (poor mood) and cognitive (negative perceptions of self, the world, and the future) indicators of depression. This self-report measure for children and adolescents (ages 8-17) is an 8-item calibrated scale comprised of items from the PROMIS Pediatric Depression Short Form. It assesses negative mood, decrease in positive affect, negative views of the self, and negative social cognition.
NIH Toolbox Anger Survey - parent-report measure for children (ages 8-12)
Anger is a concept within the Negative Affect subdomain of Emotion. Anger is characterized by attitudes of hostility and cynicism and is often associated with experiences of frustration impeding goal-directed behavior. This parent-report measure for children (ages 8-12) is a CAT comprised of items adapted from the Anger Expression Scale for Children. It assesses angry mood and aggression (verbal and physical).

NIH Toolbox Fear Survey - parent-report measure for children (ages 8-12)
Fear is a concept within the Negative Affect subdomain of Emotion. Fear is best characterized by symptoms of anxiety that reflect autonomic arousal and perceptions of threat. This parent-report measure for children (ages 8-12) is a CAT comprised of items adapted from the Screen for Anxiety-Related Disorders. It assesses fear and anxious misery.

NIH Toolbox Sadness Survey - parent-report measure for children (ages 8-12)
Sadness is a concept within the Negative Affect subdomain of Emotion. Sadness is distinguished by low levels of positive affect and comprised of symptoms that are primarily affective (poor mood) and cognitive (negative perceptions of self, the world, and the future) indicators of depression. This parent-report measure for children (ages 8-12) is a CAT comprised of items adapted from the Short Mood and Feelings Questionnaire. It assesses negative mood, negative views of the self, and negative social cognition.

NIH Toolbox Anger Survey - parent-report measure for children (ages 3-7)
Anger is a concept within the Negative Affect subdomain of Emotion. Anger is characterized by attitudes of hostility and cynicism and is often associated with experiences of frustration impeding goal-directed behavior. This parent-report measure for children (ages 3-7) is a 9-item calibrated scale adapted from the MacArthur Health and Behavior Questionnaire. It assesses angry mood and verbal aggression.

NIH Toolbox Fear-Over Anxious Survey - parent-report measure for children (ages 3-7)
Fear is a concept within the Negative Affect subdomain of Emotion. Fear is best characterized by symptoms of anxiety that reflect autonomic arousal and perceptions of threat. This parent-report measure for children (ages 3-7) is a 6-item calibrated scale adapted from the MacArthur Health and Behavior Questionnaire. It assesses fear, worry, and hyperarousal.

NIH Toolbox Fear-Separation Anxiety Survey
Fear is a concept within the Negative Affect subdomain of Emotion. Fear is best characterized by symptoms of anxiety that reflect autonomic arousal and perceptions of threat. This parent-report measure for children (ages 3-7) is a 7-item calibrated scale adapted from the MacArthur Health and Behavior Questionnaire. It assesses fear of being separated from home and from loved ones.

NIH Toolbox Sadness Survey
Sadness is a concept within the Negative Affect subdomain of Emotion. Sadness is distinguished by low levels of positive affect and comprised of symptoms that are primarily affective (poor mood) and cognitive (negative perceptions of self, the world, and the future) indicators of depression. This parent-report measure for children (ages 3-7) is a 7-item calibrated scale adapted from the MacArthur Health and Behavior Questionnaire. It assesses negative mood, negative views of the self, and negative social cognition.
Psychological Well-Being

NIH Toolbox Positive Affect Survey
Positive Affect is a concept within the Psychological Well-Being subdomain of Emotion. Positive Affect can be described as feelings that reflect a level of pleasurable engagement with the environment such as happiness, joy, excitement, enthusiasm, and contentment. This self-report measure for adults (ages 18 and above) is a CAT comprised of items from the Positive and Negative Affect Schedule-Expanded Form (PANAS-X), Affectometer-2, Brief Mood Introspection Scale (BMIS), Functional Assessment of Chronic Illness Therapy - Spiritual Well-Being (FACIT-Sp), and Mental Health Inventory (MHI). It assesses both activated (i.e., happiness, joy) as well as unactivated (i.e., serenity, peace) aspects of positive affect.

NIH Toolbox General Life Satisfaction Survey
Life Satisfaction is a concept within the Psychological Well-Being subdomain of Emotion. Life Satisfaction is one’s cognitive evaluation of life experiences and is concerned with whether people like their lives or not. Life satisfaction includes both general (e.g., my life is going well) and domain-specific (e.g., I am satisfied with my family life) aspects. This self-report measure for adults (ages 18 and above) is a 10-item calibrated scale comprised of items from the Satisfaction with Life Scale and the Students' Life Satisfaction Scale. It assesses global feelings and attitudes about one's life.

NIH Toolbox Meaning & Purpose Survey
Meaning and Purpose is a concept within the Psychological Well-Being subdomain of Emotion. Meaning and Purpose is characterized by the extent to which people feel their life matters or makes sense. This self-report measure for adults (ages 18 and above) is a CAT comprised of items from the Meaning in Life Questionnaire, the Life Engagement Test, the MHI, and the FACIT-Sp.

NIH Toolbox Positive Affect Survey
Positive Affect is a concept within the Psychological Well-Being subdomain of Emotion. Positive Affect can be described as feelings that reflect a level of pleasurable engagement with the environment such as happiness, joy, excitement, enthusiasm, and contentment. This self-report measure for adolescents (ages 13-17) is a CAT comprised of items from the PANAS-X, Affectometer-2, BMIS, FACIT-Sp, and MHI. It assesses both activated (i.e., happiness, joy) as well as unactivated (i.e., serenity, peace) aspects of positive affect.

NIH Toolbox General Life Satisfaction Survey
Life Satisfaction is a concept within the Psychological Well-Being subdomain of Emotion. Life Satisfaction is one’s cognitive evaluation of life experiences and is concerned with whether people like their lives or not. Life satisfaction includes both general (e.g., my life is going well) and domain-specific (e.g., I am satisfied with my family life) aspects. This self-report measure for adolescents (ages 13-17) is a 10-item calibrated scale comprised of items from the Satisfaction with Life Scale and the Students' Life Satisfaction Scale. It assesses global feelings and attitudes about one's life.

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as happiness, joy, excitement, enthusiasm, and contentment. This self-report measure for children (ages 8-12) is a fixed form comprised of items from the PANAS-X. It assesses both activated (i.e., happiness, joy) as well as unactivated (i.e., serenity, peace) aspects of positive affect.

NIH Toolbox General Life Satisfaction Survey
Life Satisfaction is a concept within the Psychological Well-Being subdomain of Emotion. Life Satisfaction is one’s cognitive evaluation of life experiences and is concerned with whether people like their lives or not. Life satisfaction includes both general (e.g., my life is going well) and domain-specific (e.g., I am satisfied with my family life) aspects. This self-report measure for children (ages 8-12) is a 5-item calibrated scale comprised of items from the Students’ Life Satisfaction Scale (Huebner). It assesses global feelings and attitudes about one's life.

NIH Toolbox Positive Affect Survey
Positive Affect is a concept within the Psychological Well-Being subdomain of Emotion. Positive Affect can be described as feelings that reflect a level of pleasurable engagement with the environment such as happiness, joy, excitement, enthusiasm, and contentment. This parent-report measure for children ages 8-12 is a CAT comprised of items from the PANAS-X. It assesses both activated (i.e., happiness, joy) as well as unactivated (i.e., serenity, peace) aspects of positive affect.

NIH Toolbox General Life Satisfaction Survey
Life Satisfaction is a concept within the Psychological Well-Being subdomain of Emotion. Life Satisfaction is one’s cognitive evaluation of life experiences and is concerned with whether people like their lives or not. Life satisfaction includes both general (e.g., my life is going well) and domain-specific (e.g., I am satisfied with my family life) aspects. This parent-report measure for children ages 3-7 is a 5-item scale comprised of items from the Students’ Life Satisfaction Scale (Huebner). It assesses global feelings and attitudes about a child’s life.

NIH Toolbox Positive Affect Survey
Positive Affect is a concept within the Psychological Well-Being subdomain of Emotion. Positive Affect can be described as feelings that reflect a level of pleasurable engagement with the environment such as happiness, joy, excitement, enthusiasm, and contentment. This parent-report measure for children ages 3-7 is a CAT comprised of items from the PANAS-X. It assesses both activated (i.e., happiness, joy) as well as unactivated (i.e., serenity, peace) aspects of positive affect.

NIH Toolbox General Life Satisfaction Survey
Life Satisfaction is a concept within the Psychological Well-Being subdomain of Emotion. Life Satisfaction is one’s cognitive evaluation of life experiences and is concerned with whether people like their lives or not. Life satisfaction includes both general (e.g., my life is going well) and domain-specific (e.g., I am satisfied with my family life) aspects. This parent-report measure for children ages 3-7 is a 5-item scale comprised of items from the Students’ Life Satisfaction Scale (Huebner). It assesses global feelings and attitudes about a child’s life.

NIH Toolbox Perceived Stress Survey
Perceived Stress is a concept within the Stress & Self-Efficacy subdomain of Emotion. Perceived Stress is defined by individual perceptions about the nature of events and their relationship to the values and coping resources of an individual. This self-report measure for adults (ages 18 and above) is a CAT
comprised of items from the Perceived Stress Scale-10. It assesses how unpredictable, uncontrollable, and overloading respondents find their lives.

**NIH Toolbox Self-Efficacy Survey**
Self-Efficacy is a concept within the Stress & Self-Efficacy subdomain of Emotion. Self-Efficacy can be described as a person’s belief in their capacity to manage their functioning and have control over meaningful events. This self-report measure for adults (ages 18 and above) is a CAT comprised of items modified from the General Self-Efficacy Scale (Schwarzer). It assesses respondents' sense of global self-efficacy.

**NIH Toolbox Perceived Stress Survey**
Perceived Stress is a concept within the Stress & Self-Efficacy subdomain of Emotion. Perceived Stress is defined by individual perceptions about the nature of events and their relationship to the values and coping resources of an individual. This self-report measure for adolescents (ages 13-17) is a CAT comprised of items modified from the Perceived Stress Scale-10 (Cohen). It assesses how unpredictable, uncontrollable, and overloading respondents find their lives.

**NIH Toolbox Emotional Support Survey**
Social Support is a concept within the Social Relationships subdomain of Emotion. Perceived social support is the extent to which an individual views his/her social relationships as available to provide aid...
NIH Toolbox Measures for Emotion Domain

in times of need or when problems arise. This includes instrumental and emotional/informational types of perceived social support. Emotional Support refers to the perception that people in one’s social network are available to listen to one’s problems with empathy, caring and understanding, and Informational Support refers to the perception that people in one’s social network are available to provide information or advice needed to solve problems that arise. This self-report measure for adults (ages 18 and above) is an 8-item calibrated scale.

NIH Toolbox Instrumental Support Survey
Social Support is a concept within the Social Relationships subdomain of Emotion. Perceived social support is the extent to which an individual views his/her social relationships as available to provide aid in times of need or when problems arise. This includes instrumental and emotional/informational types of perceived social support. Instrumental Support refers to the perception that people in one’s social network are available to provide material or functional aid in completing daily tasks (such as making meals or providing transportation) if needed. This self-report measure for adults (ages 18 and above) is an 8-item calibrated scale.

NIH Toolbox Loneliness Survey
Companionship is a concept within the Social Relationships subdomain of Emotion. Companionship is characterized by self-reported perceptions of the availability of friends or companions with whom to interact or affiliate (i.e., friendship) and that one is alone, lonely or socially isolated from others (i.e., loneliness). The NIH Toolbox Loneliness Survey is a self-report measure for adults (ages 18 and above) comprised of 8 calibrated items.

NIH Toolbox Friendship Survey
Companionship is a concept within the Social Relationships subdomain of Emotion. Companionship is characterized by self-reported perceptions of the availability of friends or companions with whom to interact or affiliate (i.e., friendship) and that one is alone, lonely or socially isolated from others (i.e., loneliness). The NIH Toolbox Friendship Survey is a self-report measure for adults (ages 18 and above) comprised of 5 calibrated items.

NIH Toolbox Perceived Hostility Survey
Social Distress is a concept within the Social Relationships subdomain of Emotion. Social distress is the extent to which an individual perceives his/her daily social interactions as negative or distressing. This can include aspects of perceived hostility (e.g., how often people argue with me, yell at me, or criticize me) and perceived insensitivity (e.g., how often people don’t listen when I ask for help, or don’t pay attention to me). The NIH Toolbox Perceived Hostility Survey is a self-report measure for adults (ages 18 and above) comprised of 8 calibrated items.

NIH Toolbox Perceived Rejection Survey
Social Distress is a concept within the Social Relationships subdomain of Emotion. Social distress is the extent to which an individual perceives his/her daily social interactions as negative or distressing. This can include aspects of perceived hostility (e.g., how often people argue with me, yell at me, or criticize me) and perceived insensitivity (e.g., how often people don’t listen when I ask for help, or don’t pay attention to me). The NIH Toolbox Perceived Rejection Survey is a self-report measure for adults (ages 18 and above) comprised of 8 calibrated items.

NIH Toolbox Emotional Support Survey
NIH Toolbox Measures for Emotion Domain

Social Support is a concept within the Social Relationships subdomain of Emotion. Perceived social support is the extent to which an individual views his/her social relationships as available to provide aid in times of need or when problems arise (Cohen, 2004). This includes emotional/informational types of perceived social support for children and adolescents. Emotional Support refers to the perception that people in one’s social network are available to listen to one’s problems with empathy, caring and understanding, and Informational Support refers to the perception that people in one’s social network are available to provide information or advice needed to solve problems that arise. This self-report measure for children and adolescents (ages 8-17) is a 7-item calibrated scale.

NIH Toolbox Loneliness Survey
Companionship is a concept within the Social Relationships subdomain of Emotion. Companionship is characterized by self-reported perceptions of the availability of friends or companions with whom to interact or affiliate (i.e., friendship) and that one is alone, lonely or socially isolated from others (i.e., loneliness). The NIH Toolbox Loneliness Survey is a self-report measure for children and adolescents (ages 8-17) comprised of 7 calibrated items.

NIH Toolbox Friendship Survey
Companionship is a concept within the Social Relationships subdomain of Emotion. Companionship is characterized by self-reported perceptions of the availability of friends or companions with whom to interact or affiliate (i.e., friendship) and that one is alone, lonely or socially isolated from others (i.e., loneliness). The NIH Toolbox Friendship Survey is a self-report measure for children and adolescents (ages 8-17) comprised of 5 calibrated items.

NIH Toolbox Perceived Hostility Survey
Social Distress is a concept within the Social Relationships subdomain of Emotion. Social distress is the extent to which an individual perceives his/her daily social interactions as negative or distressing. This can include aspects of perceived hostility (e.g., how often people argue with me, yell at me, or criticize me) and perceived rejection (e.g., how often people don’t listen when I ask for help, or don’t pay attention to me). The NIH Toolbox Perceived Hostility Survey is a self-report measure for children and adolescents (ages 8-17) comprised of 5 calibrated items.

NIH Toolbox Perceived Rejection Survey
Social Distress is a concept within the Social Relationships subdomain of Emotion. Social distress is the extent to which an individual perceives his/her daily social interactions as negative or distressing. This can include aspects of perceived hostility (e.g., how often people argue with me, yell at me, or criticize me) and perceived rejection (e.g., how often people don’t listen when I ask for help, or don’t pay attention to me). The NIH Toolbox Perceived Rejection Survey is a self-report measure for children and adolescents (ages 8-17) comprised of 5 calibrated items.

NIH Toolbox Social Withdrawal Survey - parent-report measure (for children ages 3-12)
Companionship is a concept within the Social Relationships subdomain of Emotion. Companionship is characterized by self-reported perceptions of the availability of friends or companions with whom to interact or affiliate (i.e., friendship) and that one is alone, lonely or socially isolated from others (i.e., loneliness). As an analogue to the NIH Toolbox Loneliness Survey, the NIH Toolbox Social Withdrawal Survey is a parent-report measure (for children ages 3-12) comprised of 4 items from the MacArthur Health Behavior Questionnaire that assess how often a child avoids or withdraws from social activities with peers.
NIH Toolbox Measures for Emotion Domain

NIH Toolbox Positive Peer Interactions Survey - parent-report measure (for children ages 3-12)
Companionship is a concept within the Social Relationships subdomain of Emotion. Companionship is characterized by self-reported perceptions of the availability of friends or companions with whom to interact or affiliate (i.e., friendship) and that one is alone, lonely or socially isolated from others (i.e., loneliness). As a conceptual analogue to the NIH Toolbox Friendship Survey, the NIH Toolbox Positive Peer Interactions Survey is a parent-report measure (for children ages 3-12) comprised of 4 items from the MacArthur Health Behavior Questionnaire that assess how often a child plays with friends and gets along with peers.

NIH Toolbox Peer Rejection Survey - parent-report measure (for children ages 3-12)
Social Distress is a concept within the Social Relationships subdomain of Emotion. Social distress is the extent to which an individual perceives his/her daily social interactions as negative or distressing. This can include aspects of perceived hostility (e.g., how often people argue with me, yell at me, or criticize me) and perceived rejection (e.g., how often people don’t listen when I ask for help, or don’t pay attention to me). As an analogue to the NIH Toolbox Perceived Rejection Survey, the NIH Toolbox Peer Rejection Survey is a parent-report measure (for children ages 3-12) comprised of 9 items from the MacArthur Health Behavior Questionnaire that assess how often a child is left out, avoided, or teased by peers.

NIH Toolbox Empathic Behaviors Survey
Positive Social Development is a concept within the Social Relationships subdomain of Emotion. Positive Social Development is characterized by parents’ evaluation of their children's empathic behaviors. It is an indicator of a child's current emotional health and a predictor of positive and supportive social relationships in adolescence and adulthood. The NIH Toolbox Empathic Behaviors Survey is a parent-report measure (for children ages 3-12) comprised of 10 calibrated items from the MacArthur Health Behavior Questionnaire and is administered as a CAT.

NIH Toolbox Emotion Battery
A self-report battery is available for ages 8-85. Includes all age-specified measures in the Psychological Well-Being, Social Relationships, Stress and Self-Efficacy, and Negative Affect domains, as indicated. There are individual scores provided for each measure, as described, but no composite scores.

NIH Toolbox Emotion Parent Proxy Battery
This battery, recommended for parents of children ages 3-12, includes measures of Positive Affect, General Life Satisfaction, Positive Peer Interaction, Social Withdrawal, Peer Rejection, Empathic Behaviors, Self-Efficacy, Perceived Stress, Fear, Sadness and Anger.