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Instrument Author: Mroczek, D. K., & Kolarz, C. M.  
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# The Negative And Positive Affect Scale (NAPAS)

## Original 12-Item Version

The NAPAS is a short measure of affect. It was developed and introduced in Mroczek and Kolarz (1998). Its factorial and criterion validity has been investigated in Joshanloo's recent studies. The scale shows very good psychometric qualities.

**During the past 30 days**, how much of the time did you feel ...

	NONE OF THE TIME	A LITTLE OF THE TIME	SOME OF THE TIME	MOST OF THE TIME	ALL THE TIME
1. ...so sad nothing could cheer you up?	1	2	3	4	5
2. ...nervous?	1	2	3	4	5
3. ...restless or fidgety?	1	2	3	4	5
4. ...hopeless?	1	2	3	4	5
5. ...that everything was an effort?	1	2	3	4	5
6. ...worthless?	1	2	3	4	5
7. ...cheerful?	1	2	3	4	5
8. ...in good spirits?	1	2	3	4	5
9. ...extremely happy?	1	2	3	4	5
10. ...calm and peaceful?	1	2	3	4	5
11. ...satisfied?	1	2	3	4	5
12. ...full of life?	1	2	3	4	5

**Scoring key:** Negative affect 1-6; Positive affect 7-12.

### References

- Mroczek, D. K., & Kolarz, C. M. (1998). The effect of age on positive and negative affect: a developmental perspective on happiness. *Journal of personality and social psychology*, 75(5), 1333-1349.
- Joshanloo, M. (2017). Factor structure and criterion validity of original and short versions of the Negative and Positive Affect Scale (NAPAS). *Personality and Individual Differences*, 105, 233-237.
- Joshanloo, M. (2016). Factor structure of subjective well-being in Iran. *Journal of Personality Assessment*, 98(4), 435-443.
- Joshanloo, M., & Bakhshi, A. (in press). The factor structure and measurement invariance of positive and negative affect across gender and cultural groups: a study in Iran and the USA. *European Journal of Psychological Assessment*.

## 10-Item Version

Joshanloo (2017) developed a 10-item version of the NAPAS. The long and short versions have similar psychometric properties.

**During the past 30 days**, how much of the time did you feel ...

	NONE OF THE TIME	A LITTLE OF THE TIME	SOME OF THE TIME	MOST OF THE TIME	ALL THE TIME
1. ...so sad nothing could cheer you up?	1	2	3	4	5
2. ...restless or fidgety?	1	2	3	4	5
3. ...hopeless?	1	2	3	4	5
4. ...that everything was an effort?	1	2	3	4	5
5. ...worthless?	1	2	3	4	5
6. ...in good spirits?	1	2	3	4	5
7. ...extremely happy?	1	2	3	4	5
8. ...calm and peaceful?	1	2	3	4	5
9. ...satisfied?	1	2	3	4	5
10. ...full of life?	1	2	3	4	5

**Scoring key:** Negative affect 1-5; Positive affect 6-10.

### Reference

Joshanloo, M. (2017). Factor structure and criterion validity of original and short versions of the Negative and Positive Affect Scale (NAPAS). *Personality and Individual Differences, 105*, 233-237.

Two response formats can be used with the NAPAS:

NONE OF THE TIME	A LITTLE OF THE TIME	SOME OF THE TIME	MOST OF THE TIME	ALL THE TIME
1	2	3	4	5

ALL THE TIME	MOST OF THE TIME	SOME OF THE TIME	A LITTLE OF THE TIME	NONE OF THE TIME
1	2	3	4	5

