

The Positive and Negative Affect Schedule

Subject # \_\_\_\_\_

This scale consists of a number of words that describe different feelings and emotions. Read each item and then list the number from the scale below next to each word. Please indicate the extent you have felt this way today. The first day is the first day of your period. The last day is the day before your next period.

	1 Very slightly or Not at all					2 A little					3 Moderately					4 Quite a bit					5 Extremely												
Day of the cycle	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33
1. Interested																																	
2. Distressed																																	
3. Excited																																	
4. Upset																																	
5. Strong																																	
6. Guilty																																	
7. Scared																																	
8. Hostile																																	
9. Enthusiastic																																	
10. Proud																																	
11. Irritable																																	
12. Alert																																	
13. Ashamed																																	
14. Inspired																																	
15. Nervous																																	
16. Determined																																	
17. Attentive																																	
18. Jittery																																	
19. Active																																	
20. Afraid																																	

\*\*\*If you are in the Experimental group: Day of the cycle the LH surge happened \_\_\_\_\_