

■ Table 28.1 ■

Self-Reporting Measures Assessing Affect, Mood, and Emotion

Construct	Measure	Dimension	Source	Website
Core affect	Self-Assessment Manikin (SAM)	Valence (pleasant to unpleasant), arousal (excited to calm), dominance (feeling of being controlled versus being in control)	Lang (1980); Bradley & Lang (1994)	None
Core affect	Affect Grid (AG)	Pleasure and arousal	Russell, Weiss, & Mendelsohn (1989)	www2.bc.edu/~russeljm/publications/JPSP1989.pdf
Affective valence (pleasure and displeasure)	Feeling Scale (FS)	Affective valence (pleasure and displeasure)	Hardy & Rejeski (1989)	None
Felt arousal	Felt Arousal Scale (FAS)	Felt arousal	Svebak & Murgatroyd (1985)	None
Multiple distinct affective states	Revised Multiple Affect Adjective Checklist (MAACL-R)	Anxiety (A), depression (D), hostility (H), positive affect (PA), and sensation seeking (SS) or dysphoria (DYS; A + D + H) and PASS (PA + SS)	Zuckerman & Lubin (1985)	www.edits.net/component/content/article/53/24-maacr.html
Multiple distinct mood states	Profile of Mood States (POMS)	Tension and anxiety, anger and hostility, fatigue and inertia, depression and dejection, vigor and activity, confusion and bewilderment	McNair, Lorr, & Droppleman (1971)	www.mhs.com/product.aspx?gr=cli&prod=poms
Mood dimensions	Positive and Negative Affect Schedule (PANAS)	Positive affect and negative affect	Watson, Clark, & Tellegen (1988)	http://works.bepress.com/david_watson/211
Mood dimensions	Activation Deactivation Adjective Checklist (AD ACL)	Energy, tiredness, tension, and calmness or energetic arousal and tense arousal	Thayer (1989)	www.csulb.edu/~thayer/thayer/adaclnew.htm
Mood dimensions	Four-Dimension Mood Scale (4DMS), state version	Positive energy, tiredness, negative arousal, and relaxation	Gregg & Shepherd (2009)	None
Anxiety	State-Trait Anxiety Inventory (STAI)	State anxiety and trait anxiety	Spielberger (1983)	www.mindgarden.com/products/staisad.htm

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Construct	Measure	Dimension	Source	Website
Depression	Beck Depression Inventory (BDI)	Cognitive-affective symptoms and somatic symptoms of depression (total score)	Beck, Steer, & Brown (1996)	www.pearsonassessments.com/HAIWEB/Cultures/en-us/Productdetail.htm?Pid=015-8018-370
Depression	Hamilton Rating Scale for Depression (HRSD)	Depression	Hamilton (1960)	www.assessmentpsychology.com/HAM-D.pdf
Exercise-induced feelings	Exercise-Induced Feeling Inventory (EFI)	Revitalization, tranquility, positive engagement, and physical exhaustion	Gauvin & Rejeski (1993)	None
Subjective exercise experiences	Subjective Exercise Experiences Scale (SEES)	Positive well-being, psychological distress, and fatigue	McAuley & Courneya (1994)	www.epl.illinois.edu/meas_see.html
Physical activity affect	Physical Activity Affect Scale (PAAS)	Positive affect, negative affect, tranquility, and fatigue	Lox, Jackson, Tuholski, Wasley, & Treasure (2000)	None