

Scale of Positive and Negative Experience (SPANE)

Instructions: Please think about what you have been doing and experiencing during the past four weeks. Then report how much you experienced each of the following feelings, using the scale below. For each item, circle a number from 1 to 5.

	Very Rarely or Never	Rarely	Sometimes	Often	Very Often or Always
Positive	1	2	3	4	5
Negative	1	2	3	4	5
Good	1	2	3	4	5
Bad	1	2	3	4	5
Pleasant	1	2	3	4	5
Unpleasant	1	2	3	4	5
Happy	1	2	3	4	5
Sad	1	2	3	4	5
Afraid	1	2	3	4	5
Joyful	1	2	3	4	5
Angry	1	2	3	4	5
Contented	1	2	3	4	5

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Scoring:

The measure can be used to derive an overall affect balance score, but can also be divided into positive and negative feelings scales.

Positive Feelings (SPANE-P): Add the scores, varying from 1 to 5, for the six items: positive, good, pleasant, happy, joyful, and contented.

The score can vary from 6 (lowest possible) to 30 (highest positive feelings score).

Negative Feelings (SPANE-N): Add the scores, varying from 1 to 5, for the six items: negative, bad, unpleasant, sad, afraid, and angry.

The score can vary from 6 (lowest possible) to 30 (highest negative feelings score).

Affect Balance (SPANE-B): The negative feelings score is subtracted from the positive feelings score, and the resultant difference score can vary from -24 (unhappiest possible) to 24 (highest affect balance possible). A respondent with a very high score of 24 reports that she/he rarely or never experiences any of the negative feelings, and very often or always has all of the positive feelings.

References:

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D. W., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures: Short scales to assess flourishing and positive and negative feelings. *Social Indicators Research*, 97(2), 143-156.

You are welcome to book a consultation session with a counsellor at the Student Wellness Centre to discuss the results of your self-report and/or any questions which you might have. Please email us at care@sim.edu.sg to make an appointment.