

# Scale of Positive and Negative Experience (SPANE) Scale of Emotion

Client's name:	Date of birth:
Sex:	Date of assessment:
Time of assessment:	Assessor:

## 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, select an option from "very rarely or never" to "very often or always".

	<b>Very rarely or never 1</b>	<b>Rarely 2</b>	<b>Sometimes 3</b>	<b>Often 4</b>	<b>Very often or always 5</b>
<b>1. Positive</b>					
<b>2. Negative</b>					
<b>3. Good</b>					
<b>4. Bad</b>					
<b>5. Pleasant</b>					
<b>6. Unpleasant</b>					
<b>7. Happy</b>					
<b>8. Sad</b>					
<b>9. Afraid</b>					
<b>10. Joyful</b>					
<b>11. Angry</b>					
<b>12. Contented</b>					

## Results

Positive feelings (SPANE-P):

Negative feelings (SPANE-N):

Affect balance (SPANE-B):

## Scoring and interpretation

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

**SPANE-P:** Add the scores, varying from 1 to 5, for the six items: (1) positive, (3) good, (5) pleasant, (7) happy, (10) joyful, and (12) contented.

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

**SPANE-N:** Add the scores, varying from 1 to 5, for the six items: (2) negative, (4) bad, (6) unpleasant, (8) sad, (9) afraid, and (11) angry.

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

**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 or he rarely or never experiences any of the negative feelings, and very often or always has all of the positive feelings.*

## Remarks

### Reference:

Diener, E., Wirtz, D., Biswas-Diener, R., Tov, W., Kim-Prieto, C., Choi, D., & Oishi, S. (2009). New measures of well-being. *Assessing Well-Being*, 39, 247–266. [https://doi.org/10.1007/978-90-481-2354-4\\_12](https://doi.org/10.1007/978-90-481-2354-4_12)