General Affective Well-Being Scale

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| **How often have you felt the following emotions over the past 30 days?** | Never  Once or twice  Once or twice/month  Once or twice/week  Every day |
| Angry | 1 2 3 4 5 |
| 1. Anxious | 1 2 3 4 5 |
| 1. At ease | 1 2 3 4 5 |
| 1. Bored | 1 2 3 4 5 |
| 1. Calm | 1 2 3 4 5 |
| 1. Content | 1 2 3 4 5 |
| 1. Depressed | 1 2 3 4 5 |
| 1. Discouraged | 1 2 3 4 5 |
| 1. Disgusted | 1 2 3 4 5 |
| 1. Ecstatic | 1 2 3 4 5 |
| 1. Energetic | 1 2 3 4 5 |
| 1. Enthusiastic | 1 2 3 4 5 |
| 1. Excited | 1 2 3 4 5 |
| 1. Fatigued | 1 2 3 4 5 |
| 1. Frightened | 1 2 3 4 5 |
| 1. Furious | 1 2 3 4 5 |
| 1. Gloomy | 1 2 3 4 5 |
| 1. Inspired | 1 2 3 4 5 |
| 1. Relaxed | 1 2 3 4 5 |
| 1. Satisfied | 1 2 3 4 5 |