

## Instructions for Scoring the General Affective Well-being Scale, GAWS

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The GAWS has items that reflect both negative and positive emotions. For the total scale, the negative emotion items must be reverse scored before summing with the oppositely worded items. For the finer-grained subscales, no reversal is necessary.

1. Responses to the items should be numbered from 1 representing least often to 5 representing most often experience of each emotion. This assumes that the scale has not been modified to have other than 5-choice response anchors.

2. The negative emotions should be reversed **only** to compute the total score. Below are the reversals for the original item score in the left column and reversed item score in the right. The rightmost values should be substituted for the leftmost. This can also be accomplished by subtracting the original values for the internal items from 6.

$$1 = 5$$

$$2 = 4$$

$$3 = 3$$

$$4 = 2$$

$$5 = 1$$

3. Negative emotions are items 1, 2, 4, 7, 8, 9, 14, 15, 16, 17. These should be reversed if combined with the positive emotion items to create the overall well-being score.

4. The GAWS can be scored in three ways. a: For the total score, sum responses to all 20 items after the reversals from step 2. All positive and all negative items can be summed to create overall positive emotion and overall negative emotion subscales. 3. The table below shows which items are used to create the four subscales, dividing both positive and negative emotions (negative versus positive) into high and low arousal.

5. If some items are missing you must make an adjustment otherwise the score will be too low. The best procedure is to compute the mean score per item for the individual, and substitute that mean for missing items. For example, if a person does not make a response to 1 item for a subscale, take the total from step 4, divide by the number answered, and substitute this number for the missing item by adding it to the total from step 4. An easier but less accurate procedure is to substitute a middle response for the missing items. Since the center of the scale is 3, that number could be used.

### Subscale Scores

Only five items are used for each of the four subscales, and they are not reversed. The items for each subscale are shown in the table and should be summed to compute each score.

GAWS Scale	Item numbers	Emotions
Negative-High arousal	1, 2, 9, 15, 16	Angry, Anxious, Disgusted, Frightened, Furious
Negative-Low arousal	4, 7, 8, 14, 17	Bored, Depressed, Discouraged, Gloomy, Fatigued
Positive-High arousal	10, 11, 12, 13, 18	Ecstatic, Energetic, Enthusiastic, Excited, Inspired
Positive-Low arousal	3, 5, 6, 19, 20	At-ease, Calm, Content, Relaxed, Satisfied