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Japanese PANAS

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質問用紙

情動や感情を表す、22個の言葉や表現が下にあげられています。それぞれの項目をよく読み、あなた、あるいは、あなたの気持ちが今どれ程、それらの項目の内容に該当しているかを次にあげる5段階でお答えください。そして、その番号を各項目の横に記入して下さい。

ほとんど、または
全くあてはまらない

少ししか
あてはまらない

まあまあ
あてはまる

かなり
あてはまる

非常に
あてはまる

1	2	3	4	5
---	---	---	---	---

例: 恥ずかしい 4

- | | |
|-------------|--|
| 1. いきいき | |
| 2. 肩身が狭い | |
| 3. 苦しい | |
| 4. 打ち込んでいる | |
| 5. うれしい | |
| 6. 失望 | |
| 7. 神経過敏 | |
| 8. 活発 | |
| 9. 好意 | |
| 10. 腹立った | |
| 11. 引け目 | |
| 12. 情熱 | |
| 13. 期待はずれ | |
| 14. 熱心 | |
| 15. 動揺 | |
| 16. はしゃいでいる | |
| 17. 取り乱した | |
| 18. 心配 | |
| 19. ファイト | |
| 20. 愉快 | |
| 21. 気後れ | |
| 22. 楽しい | |

Japanese Positive and Negative Affect Scales

The Japanese Positive and Negative Affect Schedule (J-PANAS) consists of two 11-item scales measuring Positive Affect and Negative Affect, respectively. They were developed based on extensive within-subjects data collected on a longer 57-item mood rating scale that yielded positive and negative affect factor scores (see Clark & Watson, 1989; Watson, Clark, & Tellegen, 1984).

Each scale correlates highly with its respective factor score ($r = .92$ for PA, $.87$ for NA), the scales have high reliabilities ($\alpha = .92$ for PA, $.82$ for NA), and are largely uncorrelated ($-.20$ in the derivation sample; $.33$ in a small [$N = 18$] independent sample collected by Mayumi Tsutui for her doctoral dissertation at New York University). Moreover, a confirmatory factor analysis of "car-related" affect conducted by Todd Mooradian of the College of William and Mary study yielded a clear structure accounting for 60% of the variance with two correlated factors ($r = -.40$). The derivation data used "right now" instructions, whereas the other two studies used somewhat different instructions for the particular purposes of their research studies.

Permission is granted to reproduce and use the scales in non-commercial research, including reprinting of the scales with different time frame instructions (e.g., "today," "past week"), as long as the copyright notice is retained. Citation of the scales in research articles should be as follows:

Clark, L. A., & Watson, D. (1989). *The Japanese Positive and Negative Affect Schedule: Factor-based scales for the assessment of mood*. Unpublished manuscript. University of Iowa.

References:

- Clark, L. A., & Watson, D. (1988). Mood and the mundane: Relations between daily life events and self-reported mood. *Journal of Personality and Social Psychology*, *54*, 296-308.
- Watson, D., Clark, L. A., & Tellegen, A., 1984. Cross-cultural convergence in the structure of mood: A Japanese replication and comparison with U. S. findings. *Journal of Personality and Social Psychology*, *47*, 127-144.

TERMS AND TRANSLATIONS OF THE JAPANESE PANAS
(rating scale order)

<u>No.</u>	<u>Japanese</u>	<u>Translation / explanation</u>
1	IKI IKI	lively
2	KATAMI GA SEMAI	feel small; embarrassed
3	KURUSHII	suffering; painful (psychological or physical); hard to bear
4	UCHIKONDE IRU	engrossed, absorbed
5	URESHII	glad, happy
6	SHITSUBOO	disappointed
7	SHINKEIKABIN	nervous; jumpy; literally: (over)sensitive nerves
8	KAPPATSU	active
9	KOOI	friendliness; goodwill
10	HARADATTA	angry; annoyed (pretty strongly)
11	HIKEME	feel inferior (or inadequate, ashamed)
12	JOONETSU	passion; enthusiasm
13	KITAIHAZURE	disappointed
14	NESSHIN	enthusiasm; "gung-ho"
15	DOOYOO	shaking (disturbance / disturbed)
16	HASHAIDE IRU	having fun; having a good time; making merry
17	TORIMIDASHITA	flurried; flustered; confused
18	SHINPAI	worry
19	FAITO	"fight" in the sense of <i>determination</i>
20	YUKAI	pleasure
21	KIOKURE	self-doubt
22	TANOSHII	delighted, glad

NOTES: The Japanese terms are technically a mixture of nouns and adjectives. This is not a problem for Japanese raters, because the language is rather flexible in this regard. Japanese raters automatically make the necessary changes in syntax.

Long vowels are designated by using the same vowel twice in a row (e.g., dooyoo; tanoshii) and they are pronounced simply by lengthening the vowel with no change in the sound quality.

TERMS AND TRANSLATIONS OF THE JAPANESE PANAS
(by factor)

<u>No.</u>	<u>Japanese</u>	<u>Translation / explanation</u>
NEGATIVE AFFECT		
2	KATAMI GA SEMAI	feel small; embarrassed
3	KURUSHII	suffering; painful (psychological or physical); hard to bear
6	SHITSUBO	disappointed
7	SHINKEIKABIN	nervous; jumpy; literally: (over)sensitive nerves
10	HARADATTA	angry; annoyed (pretty strongly)
11	HIKEME	feel inferior (or inadequate, ashamed)
13	KITAIHAZURE	disappointed
15	DOYO	shaking (disturbance / disturbed)
17	TORIMIDASHITA	flurried; flustered; confused
18	SHINPAI	worry
21	KIOKURE	self-doubt
POSITIVE AFFECT		
1	IKIIKI	lively
4	UCHIKONDE IRU	engrossed, absorbed
5	URESHII	glad, happy
8	KAPPATSU	active
9	KOOI	friendliness; goodwill
12	JONETSU	passion; enthusiasm
14	NESSHIN	enthusiasm; "gung-ho"
16	HASHAIDE IRU	having fun; having a good time; making merry
19	FAITO	"fight" in the sense of <i>determination</i>
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