

English Version of AVI

Actual affect

Listed below are a number of words that describe feelings. Some of the feelings are very similar to each other, whereas others are very different from each other. Read each word and then rate how often you **actually have** that feeling over the course of a typical week.

Over the course of a typical week, I **actually** feel...

- 1: Never
- 2: A small amount of the time
- 3: Half the time
- 4: Most of the time
- 5: All the time

enthusiastic
astonished
nervous
dull
quiet
relaxed
excited
surprised
elated
sleepy
still
lonely
strong
passive
content
sluggish
inactive
sad
euphoric
fearful
happy
idle
calm
unhappy
aroused
hostile
satisfied

rested
peaceful
serene
no emotion
energetic
ashamed
disgusted
stressed
guilty
contemptuous
fatigued
angry

Ideal affect

Now, please read each word again and rate how often you **would ideally like to have** that feeling over the course of a typical week.

Over the course of a typical week, I would **ideally** like to feel...

- 1: Never
- 2: A small amount of the time
- 3: Half the time
- 4: Most of the time
- 5: All the time

enthusiastic
astonished
nervous
dull
quiet
relaxed
excited
surprised
elated
sleepy
still
lonely
strong
passive
content
sluggish

inactive
sad
euphoric
fearful
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satisfied
rested
peaceful
serene
no emotion
energetic
ashamed
disgusted
stressed
guilty
contemptuous
fatigued
angry

Scoring System

Actual HAP (high arousal positive affect) = take the mean of enthusiastic, excited, and elated from actual affect measure

Actual LAP (low arousal positive affect) = take the mean of peaceful, calm, and relaxed from actual affect measure

Actual Pos (positive affect) = take the mean of happy, satisfied, content from actual affect measure

Actual LAN (low arousal negative affect) = take the mean of sluggish, sleepy, dull from actual affect measure

Actual HAN (low arousal negative affect) = take the mean of fear, hostile, and nervous from actual affect measure

Actual neg (negative affect) = take the mean of sad, lonely, and unhappy from actual affect measure

Ideal HAP (high arousal positive affect) = take the mean of enthusiastic, excited, and elated from Ideal affect measure

Ideal LAP (low arousal positive affect) = take the mean of peaceful, calm, and relaxed from Ideal affect measure

Ideal Pos (positive affect) = take the mean of happy, satisfied, content from Ideal affect measure

Ideal LAN (low arousal negative affect) = take the mean of sluggish, sleepy, dull from Ideal affect measure

Ideal HAN (low arousal negative affect) = take the mean of fear, hostile, and nervous from Ideal affect measure

Ideal neg (negative affect) = take the mean of sad, lonely, and unhappy from Ideal affect measure