

POSITIVE EMOTION RATING SCALE (PERS)

This scale is designed to measure your emotions in the past one week. Circle the most appropriate number for each statement.

1	2	3	4	5
Never	Seldom (1-2 days)	Regularly (3-4 days)	Often (5-6 days)	Always

1	I am able to enjoy my favorite drink or food	1	2	3	4	5
2	I am able to enjoy looking at a beautiful scenery or view	1	2	3	4	5
3	I look forward to do enjoyable activities	1	2	3	4	5
4	I am able to enjoy my hobbies	1	2	3	4	5
5	I am able to feel love from family or friends	1	2	3	4	5
6	I am able to feel grateful for what I have	1	2	3	4	5
7	I am able to feel energetic or lively	1	2	3	4	5
8	I take pride in what I do	1	2	3	4	5

*Score is calculated for the combination of all 8 items.