

Scale of Positive and Negative Experience (SPANE)

Category: Wellbeing | Items: 12 | Time: ~2 min

Description / When to Use

12-item measure of positive and negative emotional experiences.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 12 items in this scale. Estimated completion time: 2 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

Please refer to the original publication for specific response options.

Scoring Guide

Positive score (6 items) 6-30, Negative score (6 items) 6-30, Affect Balance = Positive - Negative (-24 to +24).

Subscales:

- Positive: 6 items
- Negative: 6 items

Cutoff Interpretation

Score Range	Severity	Recommended Action
-24 to -5	Negative balance	Consider intervention
-4 to 4	Neutral balance	Monitor
5 to 24	Positive balance	Maintain

Psychometric Properties

Cronbach's alpha: 0.88 | Test-retest reliability: 0.78

Validity: Balanced measure of hedonic well-being.

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Citation (APA Format)

Diener, E., Wirtz, D., Tov, W., Kim-Prieto, C., Choi, D. W., Oishi, S., & Biswas-Diener, R. (2010). New well-being measures. *Social Indicators Research*, 39(2), 247-264.

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