

# Positive and Negative Activation Scale



(PANAS as developed by the University of Lincoln)

For each of the statements below, please place a cross in the box which most accurately describes your level of agreement with how your dog behaves in general in this situation. Please consider whether your dog's behaviour is of similar intensity and occurs as frequently as described. For example, if in item 2 your dog always becomes a little excited when it is about to go for a walk, you would mainly agree with the statement. If your dog has never encountered the situation and you are unable to predict the behaviour, please leave blank.

Name of dog

For each of the statements below, please select the box which most accurately describes your dog's behaviour. If your dog has never encountered the situation or you are unable to predict the behaviour, please choose Not applicable.

## 1. Your dog is rarely frightened

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

## 2. Your dog becomes very excited when it is about to go for a walk (when it sees the lead or hears "walkies")

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

## 3. Your dog is easily startled by noises and/or movements

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

## 4. Your dog is very persistent in its efforts to get your to play

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable



### 5. Your dog shows little interest in its surroundings

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

### 6. Your dog appears nervous and/or jumpy for several minutes after it has startled

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

### 7. Your dog is easily excited

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

### 8. Your dog has a specific fear or phobia

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

### 9. Your dog tries to escape from the garden

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

### 10. Your dog appears calm in noisy, crowded places

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable



### 11. Your dog is full of energy

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

### 12. Your dog is frightened by noises from the television or radio

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

### 13. Your dog usually appears relaxed

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

### 14. Your dog is lazy

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

### 15. Your dog adapts quickly to changes in its environment

(eg. being cared for by different people, moving house, or a family member leaving home)

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

### 16. Your dog appears afraid of the vacuum cleaner or any other familiar household appliance

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable



**17. Your dog requires a great deal of encouragement to take part in energetic activities**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

**18. Your dog persists in being naughty despite being told off for the behaviour**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

**19. Your dog appears calm in unfamiliar environments**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

**20. Your dog is very boisterous**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

**21. Your dog appears unsettled by changes to its routine  
(eg. if it is not fed at the usual time, if it is left alone for longer than usual)**

Severity:

1	2	3	4	5	6
Strongly agree	Mainly agree	Partly agree or disagree/neither	Mainly disagree	Strongly disagree	Not applicable

**TOTAL SCORE:**