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The first published use of the "Perceived Arousal Scale was by Anderson, Deuser, and DeNeve, 1995, in a study on heat effects on affect, cognition, and arousal. We have used the scale several times since then, including in the Anderson, Anderson, and Deuser (1996) study of weapon and temperature effects, and in a series of studies currently in preparation for a chapter in the Advances in Experimental Social Psychology series.

Researchers may use this scale free of charge for research purposes.

The current version of the scale has 24 items, some of which are reverse scored, as shown in the second version below. We have successfully used both 5-point as well as 7-point scales.

We hope you find this scale useful in your research. I would love to see copies of your research papers that use this scale. Please send them to me at:

Craig A. Anderson, Ph.D.
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Iowa State University
W112 Lagomarcino Hall
Ames, IA 50011-3180

Thank you!


Perceived Arousal Scale

Different people react very differently to the same situations. Indicate to what extent you feel this way right now, that is, at the present moment. Use the following 5-point rating scale. Write the number corresponding to your rating on the blank line next to each word.

1 2 3 4 5
very slightly a little moderately quite a bit extremely or not at all

active alert aroused depressed
drowsy dull energetic excited
exhausted fatigued forceful inactive
lively powerful quiet sharp
sleepy slow sluggish tired
vigorous weak weary worn-out
Perceived Arousal Scale

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<table>
<thead>
<tr>
<th>1</th>
<th>2</th>
<th>3</th>
<th>4</th>
<th>5</th>
</tr>
</thead>
<tbody>
<tr>
<td>very slightly or not at all</td>
<td>a little</td>
<td>moderately</td>
<td>quite a bit</td>
<td>extremely</td>
</tr>
</tbody>
</table>

- ____active
- ____alert
- ____aroused
- ____depressed* (reverse score)
- ____drowsy*
- ____dull*
- ____energetic
- ____excited
- ____exhausted*
- ____fatigued*
- ____forceful
- ____inactive*
- ____lively
- ____powerful
- ____quiet*
- ____sharp
- ____sleepy*
- ____slow*
- ____sluggish*
- ____tired*
- ____vigorous
- ____weak*
- ____weary*
- ____worn-out* (reverse score)

*Item needs to be reverse scored. The asterisks are not present in the scale when presented to research participants.