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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. The references are listed below. **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:

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Thank you!

Anderson, C.A, Deuser, W.E., DeNeve, K. (1995). Hot temperatures, hostile affect, hostile cognition, and arousal: Tests of a general model of affective aggression. Personality and Social Psychology Bulletin, 21, 434-448.

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Anderson, C. A., Anderson, K.B., Dorr, N., DeNeve, K.M., & Flanagan, M. (2000). Temperature and aggression. *Advances in Experimental Social Psychology*, 32, 63-133. New York: Academic Press.

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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 or not at all	a little	moderately	quite a bit	extremely
___ 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	

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