Contents

	List of figures	page x
	Foreword Prologue	xiv
1	Documenting the breadth and depth of the problem	1
	Newcomers, beware: brace yourselves 'cause this ain't gonna	3
	be easy! How bad is the situation, really?	4
	The head-in-the-sand approach: choosing a measure	4
	without providing a rationale	7
	The dreadful but all too common "this measure was used	,
	because it has been used before"	11
	"They're all the same": interchanging terms referring to	
	substantively different constructs	13
	Measures as sacrosanct legacies: sticking with a measure	
	no matter what	16
	Internal consistency as the summary index of	
	psychometric merit	17
	Armed with easy to use software but no theory:	10
	confirmatory factor analysis misapplied	18 27
	Domain specificity as panacea Conclusion	31
	Conclusion	<i>J</i> 1
2	Untangling the terminological Gordian knot	33
	The differences between affect, emotion, and mood	33
	Recognizing the pitfalls of imprecise and inconsistent	
	terminology	36
	What is core affect?	38
	What is emotion?	40
	What is mood?	43 46
	What does this mean and why should we care? Conclusion	51
	Conclusion	31
3	Should affective states be considered as distinct	
	entities or as positioned along dimensions?	52
	Distinct entities or dimensions: why should we care?	53
	The distinct-states approach	55

vii

viii Contents

	The dimensional approach	56
	Russell's circumplex model	57
	Watson and Tellegen's Positive Affect – Negative	
	Affect model	58
	Thayer's two-dimensional model	62
	The integrative circumplex of Larsen and Diener	64
	The compatibility of contemporary dimensional models	65
	The hierarchical structure of the affective domain: an integrative	0.5
		67
	framework	72
	Conclusion	
4	Are pleasant and unpleasant states independent or	
1		76
	polar opposites?	70
	Questions of bipolarity versus independence: what complexities	76
	lurk beneath the surface?	79
	The crucial role of methodological factors	19
	Evaluative Space Model and "emotionally complex"	0.1
	situations	82
	Neural considerations	85
	Current status of the bipolarity versus independence debate	89
	What does this all mean and why should we care?	91
5	Selecting a measure: a proposed three-step process	96
,	Justifying the selection of a measure: some examples	99
	justifying the selection of a measure, some examples	, , ,
6	The old classics: measures of distinct states	102
	The Multiple Affect Adjective Check List	102
	The Profile of Mood States	104
	The State-Trait Anxiety Inventory	111
7	Dimensional measures	121
	The Self-Assessment Manikin	121
	The Affect Grid	124
	The Circular Mood Scale	125
	The Feeling Scale and the Felt Arousal Scale	126
	The Evaluative Space Grid	128
	The Semantic Differential Measures of Emotional State	129
	The Positive and Negative Affect Schedule	130
	The Activation Deactivation Adjective Check List	133
_		
8	Domain-specific measurement: challenges	
	and solutions	138
	Lack of theoretical basis	139
	Domain underrepresentation	142
	The troubled notion of domain specificity	144
	The "sensitivity" slippery slope	147
	If not domain specificity, then what?	148

	Contents	1X
9	Problems of domain specificity: examples	
	from exercise	155
	The Exercise-induced Feeling Inventory	155
	The Subjective Exercise Experiences Scale	159
	The Physical Activity Affect Scale	162
	Epilogue	168
	References	173
	Index	204