

Activation-Deactivation adjective check list:

Thayer, R. E. (1986). Activation-Deactivation adjective check list: Current overview and structural analysis. *Psychological Reports*, 58, 606-614

20 items

4 dimension

Items: 20

Energy

active

lively

energetic

vigorous

full-of-pep

Wakefulness

sleepy

drowsy

tired

wide-awake

wakeful

Tension

tense

clutched-up

fearful

jittery

intense

Calmness

calm

at-rest

still

quiet

placid

4 -point Likert scale (1= definitely feel, 2= feel slightly, 3= cannot decide, 4= definitely do not feel)

Cronbachs α = Wakefulness =0.91, Energy=0.87, Tension=0.86 and Calmness=0.74