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Search Your Feelings 2.0: Online Versus Paper-Pencil Version of a Free Recall-Based Emotional Fluency Task

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Abstract

Affect scales typically involve recognition of emotions from a predetermined list. However, the emotions that we experience most often may be largely due to recall based processes influenced by what emotions come to mind. Our newly introduced emotional affect scale based on recall of emotions, called the Emotional Fluency Task, captures dimensions of emotions that are not available in PANAS but that are nonetheless commonly reported as experienced emotions. Here, we show that the emotional fluency task is valid and can be reliably measured using paper and pencil. By asking people to rate their valence and arousal, EFT paper and pencil clearly captured both positive and negative emotions and do so as well or better than semantic similarity measures. This provides a highly useful scale that can be used across different languages.