Pleasant Activities List

(PAL)

This information will be held in the strictest confidence. Please complete this questionnaire as fully and accurately as possible.

First Name Last Name Day of birth	:: ::	Initials: Sex: male female
Address	:	
ZIP code	:	City / State :
Telephone	:	Mobile phone :
Time to comp	ete the questionnaire:	.(minutes).

Instructions

This questionnaire contains a diversity of activities that people sometimes enjoy. Please rate the frequency that you have done each activity in the <u>past 30 days</u> and how enjoyable you found it.

For example "driving a car"

Please rate the frequency and enjoyability of driving a car in the past 30 days. If you drove a car moderately in the past 30 days and you enjoyed it a bit, please complete your answer by circling number 3 on the frequency scale, and score number 2 on the enjoyability scale, as follows:

	Frequ	iency	7			Enj	oyab	ility	
Not at all	A bit	Moderate	Much	Very much	Not at all	A bit	Moderate	Much	Very much
1	2	3	4	5	1	2	3	4	5

1. Driving a car.

Several activities mentioned in this questionnaire might not have been performed by you in the past 30 days. We do not expect that you performed all the activities mentioned in the questionnaire. It may even be possible that you have never performed a certain activity. If you did *not perform* an activity in the last 30 days, or you *never performed* an activity, please complete your answer by circling number 1 "not at all" on the frequency scale. In these cases, please also indicate how much potential pleasure you think it would have given to you.

For example "going to the movies"

Imagine that you have not gone to the movies in the past 30 days, while engaging in this activity could have given you moderate enjoyability. Please complete your answer as follows:

	Frequ	uency	7			Enj	oyab	ility	
Not at all	A bit	Moderate	Much	Very much	Not at all	A bit	Moderate	Much	Very much
1	2	3	4	5	1	2	3	4	5

1. Going to the movies.

On the next pages you will find several activities. Please fill in your answer according to the above mentioned examples. Some items will contain a cluster of activities illustrated by examples, such as item 5 "Playing board games (monopoly, scrabble, etc.)". Please rate any form of board games you have played in the past 30 days. Please do not leave any questions unanswered. Do not think too long over a question. There are no right or wrong answers. If you think there are activities missing in the questionnaire, please do not hesitate to fill these in at the end (140 and so on), as well as the frequencies and enjoyabilities thereof.

			Frequ	iency			Enjoyability					
		Not at all	A bit	Moderate	Much	Very much	Not at all	A bit	Moderate	Much	Very much	
1.	Watching TV.	1	2	3	4	5	1	2	3	4	5	
2.	Listening to the radio.	1	2	3	4	5	1	2	3	4	5	
3.	Listening to music (audiotape, CD, mp3, etc).	1	2	3	4	5	1	2	3	4	5	
4.	Fund raising, organising events and committee work as a hobby.	1	2	3	4	5	1	2	3	4	5	
5.	Playing board games (monopoly, scrabble, etc.).	1	2	3	4	5	1	2	3	4	5	
6.	Charity work or working in the voluntary sector.	1	2	3	4	5	1	2	3	4	5	
7.	Playing cards.	1	2	3	4	5	1	2	3	4	5	
8.	Solving a puzzle.	1	2	3	4	5	1	2	3	4	5	
9.	Reading.	1	2	3	4	5	1	2	3	4	5	
10.	Reading newspapers or magazines.	1	2	3	4	5	1	2	3	4	5	
11.	Singing or playing a musical instrument.	1	2	3	4	5	1	2	3	4	5	
12.	Meditating or doing yoga.	1	2	3	4	5	1	2	3	4	5	
13.	Drawing or painting.	1	2	3	4	5	1	2	3	4	5	
14.	Doing craft work like pottery, leather, weaving, etc.	1	2	3	4	5	1	2	3	4	5	
15.	Knitting, crocheting, embroidery, or fancy needle work.	1	2	3	4	5	1	2	3	4	5	
16.	Keeping a diary.	1	2	3	4	5	1	2	3	4	5	
17.	Photography and filming.	1	2	3	4	5	1	2	3	4	5	
18.	Going fishing.	1	2	3	4	5	1	2	3	4	5	
19.	Gardening, taking care of plants.	1	2	3	4	5	1	2	3	4	5	
20.	Training and / or taking care of my pet.	1	2	3	4	5	1	2	3	4	5	
21.	Working on a collection (stamps, coins, etc.).	1	2	3	4	5	1	2	3	4	5	
22.	Re-arranging or redecorating my room or house.	1	2	3	4	5	1	2	3	4	5	
23.	Doing a chore in or around the house.	1	2	3	4	5	1	2	3	4	5	
24.	Doing heavy outdoor work (wood chopping, etc.).	1	2	3	4	5	1	2	3	4	5	
25.	Making / repairing clothes, sewing.	1	2	3	4	5	1	2	3	4	5	
26.	Performing a task at work with others.	1	2	3	4	5	1	2	3	4	5	
27.	Performing a task at work alone.	1	2	3	4	5	1	2	3	4	5	
28.	Visiting my parents, family.	1	2	3	4	5	1	2	3	4	5	
29.	Visiting friends or acquaintances.	1	2	3	4	5	1	2	3	4	5	
30.	Having a meal with friends.	1	2	3	4	5	1	2	3	4	5	
31.	Giving a party.	1	2	3	4	5	1	2	3	4	5	

Ray				Frequ	iency	,		Enjoyability					
Having houseguests. 3. Having houseguests. 3. Having a letter or an e-mail. 3. Chatting with a stranger. 3. Chatting with a stranger. 3. Chatting with a stranger. 3. Chatting something I have experienced. 3. Claim good my daily pursuits (job or school, politics, hobbies, public affairs, etc.). 3. Talking abour my daily pursuits (job or school, politics, hobbies, public affairs, etc.). 3. Altending an official ceremony. 3. Altending an official ceremony. 3. Altending an official ceremony. 4. Claim good and expendintances. 4. Claim good friends or acquaintances. 4. Claim good friends or acquaintances. 4. Claim good friends or acquaintances. 4. Reeting someone new of the opposite sex. 4. Meeting someone new of the same sex. 4. Meeting someone new of the same sex. 4. Counseling someone. 4. Counseling someone. 4. Claim good by are sick or in trouble. 4. Visiting people who are sick or in trouble. 4. Visiting people who are sick or in trouble. 4. Claim good by are sick or in trouble. 4. Claim good by are sick or in trouble. 4. Claim good good good good good good good goo			Not at all	A bit	Moderate	Much	Very much	Not at all	A bit	Moderate	Much	Very much	
34. Writing a letter or an e-mail. 1 2 3 4 5 1 2 3 <	32.	Having coffee, tea, etc., with friends and acquaintances.	1	2	3	4	5	1	2	3	4	5	
35. Chatting with a stranger. 1 2 3 4 5 1 2 3 4<	33.	Having houseguests.	1	2	3	4	5	1	2	3	4	5	
36. Telling something I have experienced. 1 2 3 4 5 1 2 3	34.	Writing a letter or an e-mail.	1	2	3	4	5	1	2	3	4	5	
37. Talking about my daily pursuits (job or school, politics, hobbies, public affairs, etc.). 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 38. Attending an official ceremony. 1 2 3 4 5 1 2 3 4 5 39. Phone friends or acquaintances. 1 2 3 4 5 1 2 3 4 5 40. Meeting someon new of the opposite sex. 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1	35.	Chatting with a stranger.	1	2	3	4	5	1	2	3	4	5	
affairs, etc.). affairs, etc.). affairs, etc.). affairs, etc.). affairs, etc.). all 2 3 3 4 5 5 1 2 2 3 4 5 5 1 2 2 3 4 5 5 1 2 2 3 4 5 5 1 2 2 3 5 4 5 5 1 2 2 3 5 4 5 5 1 2 2 3 5 4 5 5 1 4 5 1 2 2 3 5 4 5 5 1 4 5 1 2 2 3 5 4 5 5 1 4 5 1 2 2 3 5 4 5 5 1 1 2 2 3 5 4 5 5 1 1 2 2 3 5 4 5 5 1 1 2 2 3 5 4 5 5 1 1 2 2 3 5 4 5 5 1 1 2 2 3 5 4 5 5 1 1 2 2 3 5 1 1 2 2 3 5 1 1 2 2 3 5 1 1 2 2 3 5 1 1 2 2 3 5 1 1 2 2 3 5 1 1 1 2 2 3 5 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	36.	Telling something I have experienced.	1	2	3	4	5	1	2	3	4	5	
39. Phone friends or acquaintances. 1 2 3 4 5	37.		1	2	3	4	5	1	2	3	4	5	
40. Meeting someone new of the opposite sex. 1	38.	Attending an official ceremony.	1	2	3	4	5	1	2	3	4	5	
Hetting someone new of the same sex. 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 3 4 5 1 4	39.	Phone friends or acquaintances.	1	2	3	4	5	1	2	3	4	5	
Counseling someone. 1	40.	Meeting someone new of the opposite sex.	1	2	3	4	5	1	2	3	4	5	
Asking frhelp or advice. 1	41.	Meeting someone new of the same sex.	1	2	3	4	5	1	2	3	4	5	
44. Visiting people who are sick or in trouble. 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4	42.	Counseling someone.	1	2	3	4	5	1	2	3	4	5	
45. Giving massages or backrubs. 46. Make love. 47. Hugging someone. 48. Flirting. 49. Dating. 49. Dating. 40. Kissing. 40. Telling someone what I think of him/her. 41. Telling someone what I think of him/her. 42. Telling someone what I think of him/her. 43. Watching attractive women or men. 44. Taking a shower or bath. 45. Telling a soda (lemonade, fruit juice, etc.). 46. Smoking a pipe, cigar or cigarette. 47. Telling or sitting in the sun or on a sun bed. 48. Flirting. 49. Dating. 40. Telling someone what I think of him/her. 40. Telling someone what I think of him/her. 40. Telling someone what I think of him/her. 41. Telling someone what I think of him/her. 42. Telling someone what I think of him/her. 43. Telling someone what I think of him/her. 44. Telling someone what I think of him/her. 45. Telling someone what I think of him/her. 46. Telling someone what I think of him/her. 47. Telling someone what I think of him/her. 48. Telling someone what I think of him/her. 49. Telling someone what I think of him/her. 40. Telling someone what I think of him/her. 41. Telling someone what I think of him/her. 42. Telling someone what I think of him/her. 43. Telling someone what I think of him/her. 44. Telling someone what I	43.	Asking for help or advice.	1	2	3	4	5	1	2	3	4	5	
46. Make love. 1 2 3 4 5 1 <t< td=""><td>44.</td><td>Visiting people who are sick or in trouble.</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td></t<>	44.	Visiting people who are sick or in trouble.	1	2	3	4	5	1	2	3	4	5	
47. Hugging someone. 1 2 3 4 5 1	45.	Giving massages or backrubs.	1	2	3	4	5	1	2	3	4	5	
48. Flirting. 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1	46.	Make love.	1	2	3	4	5	1	2	3	4	5	
49. Dating. 1 2 3 4 5 1 2 3 4 5 50. Kissing. 1 2 3 4 5 1 2 3 4 5 51. Drinking coffee or tea. 1 2 3 4 5 1 2 3 4 5 51. Drinking coffee or tea. 1 2 3 4 5 1 2 3 4 5 52. Telling someone what I think of him/her. 1 2 3 4 5 1 2 3 4 5 53. Watching attractive women or men. 1 2 3 4 5 1 2 3 4 5 54. Taking a shower or bath. 1 2 3 4 5 1 2 3 4 5 55. Drinking a soda (lemonade, fruit juice, etc.). 1 2 3 4 5 1 2 3 4 5 55. Smoking a pipe, cigar or cigarette. 1 2 3 4 5 1 2 3 4 5 55. Laying or sitting in the sun or on a sun bed. 1 2 3 4 5 1 2 3 4 5 57. Laying or sitting in the sun or on a sun bed. 1 2 3 4 5 1 2 3 4 5 60. Taking a nap. 1 2 3 4 5 1 2 3 4 5 61. Sitting in an outdoor cafe/on a terrace. 1 3 4 5 1 2 3 4 5	47.	Hugging someone.	1	2	3	4	5	1	2	3	4	5	
50. Kissing. 1 2 3 4 5 1 2 3 4 5 51. Drinking coffee or tea. 1 2 3 4 5 1 2 3 4 5 52. Telling someone what I think of him/her. 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1	48.	Flirting.	1	2	3	4	5	1	2	3	4	5	
51. Drinking coffee or tea. 1 2 3 4 5 1 2 3 4 5 52. Telling someone what I think of him/her. 1 2 3 4 5	49.	Dating.	1	2	3	4	5	1	2	3	4	5	
52. Telling someone what I think of him/her. 1 2 3 4 5 1 2 3 4 5 53. Watching attractive women or men. 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 54. Taking a shower or bath. 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5	50.	Kissing.	1	2	3	4	5	1	2	3	4	5	
53. Watching attractive women or men. 1 2 3 4 5 1 2 3 4 5 54. Taking a shower or bath. 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 55. Drinking a soda (lemonade, fruit juice, etc.). 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5	51.	Drinking coffee or tea.	1	2	3	4	5	1	2	3	4	5	
54. Taking a shower or bath. 1 2 3 4 5 1 2 3 4 5 55. Drinking a soda (lemonade, fruit juice, etc.). 1 2 3 4 5 1 2 3 4 5 56. Smoking a pipe, cigar or cigarette. 1 2 3 4 5 1 2 3 4 5 57. Laying or sitting in the sun or on a sun bed. 1 2 3 4 5 1 2 3 4 5 58. Just sitting quietly. 1 2 3 4 5 1 2 3 4 5 59. Sleeping late. 1 2 3 4 5 1 2 3 4 5 60. Taking a nap. 1 2 3 4 5 1 2 3 4 5 61. Sitting in an outdoor café/on a terrace. 1 2 3 4 5 1 2 3 4 5 </td <td>52.</td> <td>Telling someone what I think of him/her.</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td> <td>1</td> <td>2</td> <td>3</td> <td>4</td> <td>5</td>	52.	Telling someone what I think of him/her.	1	2	3	4	5	1	2	3	4	5	
55. Drinking a soda (lemonade, fruit juice, etc.). 1 2 3 4 5 1 2 3 4 5 56. Smoking a pipe, cigar or cigarette. 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 59. Sleeping late. 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5	53.	Watching attractive women or men.	1	2	3	4	5	1	2	3	4	5	
56. Smoking a pipe, cigar or cigarette. 1 2 3 4 5 1 2 3 4 5 57. Laying or sitting in the sun or on a sun bed. 1 2 3 4 5 1 2 3 4 5 58. Just sitting quietly. 1 2 3 4 5 1 2 3 4 5 59. Sleeping late. 1 2 3 4 5 1 2 3 4 5 60. Taking a nap. 1 2 3 4 5 1 2 3 4 5 61. Sitting in an outdoor café/on a terrace. 1 2 3 4 5 1 2 3 4 5	54.	Taking a shower or bath.	1	2	3	4	5	1	2	3	4	5	
57. Laying or sitting in the sun or on a sun bed. 1 2 3 4 5 1 2 3 4 5 58. Just sitting quietly. 1 2 3 4 5	55.	Drinking a soda (lemonade, fruit juice, etc.).	1	2	3	4	5	1	2	3	4	5	
58. Just sitting quietly. 1 2 3 4 5 1 2 3 4 5 59. Sleeping late. 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 60. Taking a nap. 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 61. Sitting in an outdoor café/on a terrace. 1 2 3 4 5 1 2 3 4 5	56.	Smoking a pipe, cigar or cigarette.	1	2	3	4	5	1	2	3	4	5	
59. Sleeping late. 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5 1 2 3 4 5	57.	Laying or sitting in the sun or on a sun bed.	1	2	3	4	5	1	2	3	4	5	
60. Taking a nap. 1 2 3 4 5 1 2 3 4 5 61. Sitting in an outdoor café/on a terrace. 1 2 3 4 5 1 2 3 4 5	58.	Just sitting quietly.	1	2	3	4	5	1	2	3	4	5	
61. Sitting in an outdoor café/on a terrace. 1 2 3 4 5 1 2 3 4 5	59.	Sleeping late.	1	2	3	4	5	1	2	3	4	5	
	60.	Taking a nap.	1	2	3	4	5	1	2	3	4	5	
62. Going to a barber or a beautician. 1 2 3 4 5 1 2 3 4 5	61.	Sitting in an outdoor café/on a terrace.	1	2	3	4	5	1	2	3	4	5	
	62.	Going to a barber or a beautician.	1	2	3	4	5	1	2	3	4	5	

			Frequ	iency	,		Enjoyability					
		Not at all	A bit	Moderate	Much	Very much	Not at all	A bit	Moderate	Much	Very much	
63.	Using cologne, perfume or after shave.	1	2	3	4	5	1	2	3	4	5	
64.	Going to the movies.	1	2	3	4	5	1	2	3	4	5	
65.	(Let someone) take care of your looks.	1	2	3	4	5	1	2	3	4	5	
66.	Cooking, trying out new recipes.	1	2	3	4	5	1	2	3	4	5	
67.	Baking bread, pie or cookies.	1	2	3	4	5	1	2	3	4	5	
68.	Making snacks.	1	2	3	4	5	1	2	3	4	5	
69.	Going to a restaurant / eat out.	1	2	3	4	5	1	2	3	4	5	
70.	Going to a bar or café.	1	2	3	4	5	1	2	3	4	5	
71.	Going to a concert, play, opera or ballet.	1	2	3	4	5	1	2	3	4	5	
72.	Going to a fair, carnival, circus, amusement park, zoo or rodeo.	1	2	3	4	5	1	2	3	4	5	
73.	Taking a vacation.	1	2	3	4	5	1	2	3	4	5	
74.	Going to parties or receptions.	1	2	3	4	5	1	2	3	4	5	
75.	Going to the market.	1	2	3	4	5	1	2	3	4	5	
76.	Going to the library.	1	2	3	4	5	1	2	3	4	5	
77.	Going to auctions, garage sales etc.	1	2	3	4	5	1	2	3	4	5	
78.	Shopping.	1	2	3	4	5	1	2	3	4	5	
79.	Going to a swimming pool, sauna bath, etc.	1	2	3	4	5	1	2	3	4	5	
80.	Buying something for myself.	1	2	3	4	5	1	2	3	4	5	
81.	Going to lectures or hearing speakers.	1	2	3	4	5	1	2	3	4	5	
82.	Going to a museum or exhibit.	1	2	3	4	5	1	2	3	4	5	
83.	Buying something for someone else.	1	2	3	4	5	1	2	3	4	5	
84.	Traveling (car, train, bus, etc.).	1	2	3	4	5	1	2	3	4	5	
85.	Traveling with a group.	1	2	3	4	5	1	2	3	4	5	
86.	Dancing, ballet, gymnastics, aerobics, etc.	1	2	3	4	5	1	2	3	4	5	
87.	Riding a bicycle, going for a bicycle ride.	1	2	3	4	5	1	2	3	4	5	
88.	Taking a walk.	1	2	3	4	5	1	2	3	4	5	
89.	Talking about sports.	1	2	3	4	5	1	2	3	4	5	
90.	Staying with family.	1	2	3	4	5	1	2	3	4	5	
91.	Doing organised sports (in a club, competition).	1	2	3	4	5	1	2	3	4	5	
92.	Doing unorganised sports (ping pong, soccer, skiing, skating, bowling, etc.).	1	2	3	4	5	1	2	3	4	5	

			Frequ	uency	,		Enjoyability					
		Not at all	A bit	Moderate	Much	Very much	Not at all	A bit	Moderate	Much	Very much	
93.	Going to a sports event.	1	2	3	4	5	1	2	3	4	5	
94.	Performing astrology, reading your horoscope.	1	2	3	4	5	1	2	3	4	5	
95.	Visiting caves, waterfalls, scenic wonders.	1	2	3	4	5	1	2	3	4	5	
96.	Excursions and trips (including looking at maps, travel folders and tour books).	1	2	3	4	5	1	2	3	4	5	
97.	Science hobbies like astronomy and nature study.	1	2	3	4	5	1	2	3	4	5	
98.	Reading or studying history.	1	2	3	4	5	1	2	3	4	5	
99.	Doing things with your neighbours.	1	2	3	4	5	1	2	3	4	5	
100.	Doing things with your child(ren) or grandchild(ren).	1	2	3	4	5	1	2	3	4	5	
101.	Fitness, weightlifting, etc.	1	2	3	4	5	1	2	3	4	5	
102.	Working on computer technology and communication.	1	2	3	4	5	1	2	3	4	5	
103.	Watching movies, videos, DVDs.	1	2	3	4	5	1	2	3	4	5	
104.	Watching sports events on tv.	1	2	3	4	5	1	2	3	4	5	
105.	Playing pool or billiards.	1	2	3	4	5	1	2	3	4	5	
106.	Woodworking activities.	1	2	3	4	5	1	2	3	4	5	
107.	Motor vehicle technique (e.g. reparing or building cars, tuning).	1	2	3	4	5	1	2	3	4	5	
108.	Water polo.	1	2	3	4	5	1	2	3	4	5	
109.	Flying, gliding.	1	2	3	4	5	1	2	3	4	5	
110.	Learning to speak a foreign language.	1	2	3	4	5	1	2	3	4	5	
111.	Travel to a foreign country.	1	2	3	4	5	1	2	3	4	5	
112.	(Indoor) snow skiing / snowboarding.	1	2	3	4	5	1	2	3	4	5	
113.	Internet (surfing, downloading).	1	2	3	4	5	1	2	3	4	5	
114.	Chatting on the internet (MSN).	1	2	3	4	5	1	2	3	4	5	
115.	Sending a SMS or MMS.	1	2	3	4	5	1	2	3	4	5	
116.	Riding a motorcycle.	1	2	3	4	5	1	2	3	4	5	
117.	Racing in a car, track racing.	1	2	3	4	5	1	2	3	4	5	
118.	Bungee jumping, sky diving.	1	2	3	4	5	1	2	3	4	5	
119.	Game computer (e.g. Nintendo, X-box, Playstation).	1	2	3	4	5	1	2	3	4	5	
120.	Performing on a stage (band, dance, comedian, play, etc.).	1	2	3	4	5	1	2	3	4	5	
121.	Boating (canoeing, rafting, sailing, catamaran).	1	2	3	4	5	1	2	3	4	5	
122.	Ball sports (soccer, basketball, volleyball, handball, rugby, American	1	2	3	4	5	1	2	3	4	5	
123.	football, baseball, softball, etc.). Playing tennis.	1	2	3	4	5	1	2	3	4	5	

			Frequ	iency	,		Enjoyability					
		Not at all	A bit	Moderate	Much	Very much	Not at all	A bit	Moderate	Much	Very much	
124.	Keeping an aquarium.	1	2	3	4	5	1	2	3	4	5	
125.	Keeping a terrarium with (exotic) animals.	1	2	3	4	5	1	2	3	4	5	
126.	Four wheel drive, quad, cross country motorcycling, SUV, etc.	1	2	3	4	5	1	2	3	4	5	
127.	Going to mass events (house and rave parties).	1	2	3	4	5	1	2	3	4	5	
128.	Water sports (water skiing, jet skiing, (kite)surfing, scuba diving, etc.).	1	2	3	4	5	1	2	3	4	5	
129.	Skating (skateboard).	1	2	3	4	5	1	2	3	4	5	
130.	Playing (ice)hockey.	1	2	3	4	5	1	2	3	4	5	
131.	Playing golf.	1	2	3	4	5	1	2	3	4	5	
132.	Writing or telling stories.	1	2	3	4	5	1	2	3	4	5	
133.	Ice skating, roller blade.	1	2	3	4	5	1	2	3	4	5	
134.	Fighting sports.	1	2	3	4	5	1	2	3	4	5	
135.	Jogging.	1	2	3	4	5	1	2	3	4	5	
136.	Trading or selling.	1	2	3	4	5	1	2	3	4	5	
137.	Hiking, camping, picknicking, mountaineering, exploring, etc.	1	2	3	4	5	1	2	3	4	5	
138.	Improving my health (having my teeth fixed, getting new glassses, changing my diet, etc.)	1	2	3	4	5	1	2	3	4	5	
139.	Horseback riding.	1	2	3	4	5	1	2	3	4	5	
140.		1	2	3	4	5	1	2	3	4	5	
141.		1	2	3	4	5	1	2	3	4	5	
142.		1	2	3	4	5	1	2	3	4	5	
143.		1	2	3	4	5	1	2	3	4	5	
		1	2	3	4	5	1	2	3	4	5	
		1	2	3	4	5	1	2	3	4	5	
		1	2	3	4	5	1	2	3	4	5	
		1	2	3	4	5	1	2	3	4	5	
		1	2	3	4	5	1	2	3	4	5	
		1	2	3	4	5	1	2	3	4	5	
		1	2	3	4	5	1	2	3	4	5	
		1	2	3	4	5	1	2	3	4	5	
		1	2	3	4	5	1	2	3	4	5	
		1	2	3	4	5	1	2	3	4	5	

Scales

	SA		SSA		DA		CST		PRA		SRA		IPA		N	IA
Items:	4		18		19		71		57		7		45		1	99
	26		77		22		73		58		89		46		2	101
	28		106		23		76		59		91		47		3	102
	29		107		24		81		60		92		50		5	103
	30		116		68		82		61		93		51		6	108
	31		117		88		85		72		104		54		8	109
	32		118		100		95				105		62		9	112
	33		125				96				122		63		10	119
	34		126				97						65		11	120
	35		127				98						66		12	121
	36						110						78		13	123
	37						111						79		14	124
	38												80		15	128
	39												83		16	129
	40														17	130
	41														20	131
	42														21	132
	43														25	133
	44														27	134
	48														53	135
	49														55	136
	52														56	137
	64														67	138
	69														75	139
	70														84	
	74														86	
	113														87	
	114														90	
	115	+		+		+		+		+		+		+	94	
Scale _{raw}																
	29	÷	10	÷	7	÷	12	÷	6	÷	8	÷	14	÷	Ī	53
Scale _{Mean}															[
SAS _{raw}	= SA	+	SSA	+	DA	+	CST	+	PRA	+	SRA	+	IPA		→	

SAS _{raw}	=	SA	+	SSA	+	DA	+	CST	+	PRA	+	SRA	+	IPA SAS _{Mean}	→ ÷
GA _{raw}	=	MA	+	SAS										GA _{Mean}	→ ÷

Abbreviations:

GΑ

SA	=	Social Activities	
SSA	=	Sensation Seeking Activities	
DA	=	Domestic Activities	
CST	=	Culture, Science and Traveling	Subscales
PRA	=	Passive, Relaxing Activities	
SRA	=	Sport-Related Activities	
IPA	=	Intimacy, Personal attention	
MA	=	Miscellaneous Activities	-
SAS	=	Subtotal Activity Scales	

General Activities