

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	:	Initials	:
Last Name	:	Sex	: ☐ male ☐ female
Day of birth	: .../.../....		
Address	:		
ZIP code	:	City / State	:
Telephone	:	Mobile phone	:

Time to complete 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 past 30 days 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 :

1. Driving a car.

Frequency					Enjoyability				
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

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:

1. Going to the movies.

Frequency					Enjoyability				
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

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.

		Frequency					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/podcast.	1	2	3	4	5	1	2	3	4	5
3.	Listening to music (Spotify 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

		Frequency					Enjoyability				
		Not at all	A bit	Moderate	Much	Very much	Not at all	A bit	Moderate	Much	Very much
32.	Having coffee, tea, etc., with friends and acquaintances.	1	2	3	4	5	1	2	3	4	5
33.	Having houseguests.	1	2	3	4	5	1	2	3	4	5
34.	Writing a card / letter or e-mail.	1	2	3	4	5	1	2	3	4	5
35.	Chatting with a stranger.	1	2	3	4	5	1	2	3	4	5
36.	Telling something I have experienced.	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
38.	Attending an official ceremony.	1	2	3	4	5	1	2	3	4	5
39.	(Video)call friends or acquaintances.	1	2	3	4	5	1	2	3	4	5
40.	Meeting someone new of the opposite sex.	1	2	3	4	5	1	2	3	4	5
41.	Meeting someone new of the same sex.	1	2	3	4	5	1	2	3	4	5
42.	Counseling someone.	1	2	3	4	5	1	2	3	4	5
43.	Asking for help or advice.	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
45.	Giving massages or backrubs.	1	2	3	4	5	1	2	3	4	5
46.	Make love.	1	2	3	4	5	1	2	3	4	5
47.	Hugging someone.	1	2	3	4	5	1	2	3	4	5
48.	Flirting.	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
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
56.	Bouldering/climbing/abseiling.	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
62.	Going to a barber or a beautician.	1	2	3	4	5	1	2	3	4	5

		Frequency					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

		Frequency					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, and online streaming.	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. repairing 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/posting on the Internet (Instagram, Facebook, Twitter, etc.).	1	2	3	4	5	1	2	3	4	5
115.	Sending a text/audio/video message (Whatsapp, Telegram, SnapChat, etc.).	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 football, baseball, softball, etc.).	1	2	3	4	5	1	2	3	4	5
123.	Playing tennis.	1	2	3	4	5	1	2	3	4	5

[illegible]

Scales

	SA	SSA	DA	CST	PRA	SRA	IPA	MA	
Items:	4	18	19	71	57	7	45	1	99
	26	77	22	73	58	56	46	2	101
	28	106	23	76	59	89	47	3	102
	29	107	24	81	60	91	50	5	103
	30	116	68	82	61	92	51	6	108
	31	117	88	85	72	93	54	8	109
	32	118	100	95		104	62	9	112
	33	125		96		105	63	10	119
	34	126		97		122	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}									
Scale _{Mean}	29 ÷	10 ÷	7 ÷	12 ÷	6 ÷	9 ÷	14 ÷	52 ÷	

SAS_{raw}	=	SA	+	SSA	+	DA	+	CST	+	PRA	+	SRA	+	IPA	→		87 ÷
																SAS_{Mean}	
GA_{raw}	=	MA	+	SAS											→		139 ÷
																GA_{Mean}	

Abbreviations:

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