

# ***pittsburgh enjoyable activities test***

your name: \_\_\_\_\_

today's date: \_\_\_\_\_

This questionnaire (the *PEAT*) assesses how frequently you've been involved in a variety of enjoyable activities (alone or with others, in a variety of locations, both active and inactive).

*In the last month how often have you spent time doing the following – please write the appropriate number (using the scale below) to the right of each type of activity.*

<i>never</i>	<i>occasionally</i>	<i>quite often</i>	<i>frequently</i>	<i>every day</i>
<b>0</b>	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>

*If an item isn't applicable to you or you don't enjoy it, put a "0" to the right of that activity.*

	<i><b>type of activity</b></i>	<i><b>frequency</b></i>
1.	spending quiet time alone	
2.	spending time unwinding at the end of the day	
3.	visiting friends and/or relatives	
4.	going out for meals with friends and/or relatives	
5.	doing fun things with others	
6.	club, fellowship, and religious group participation	
7.	going away on holiday	
8.	being in outdoor settings such as gardens, parks, countryside	
9.	actively engaging in sports	
10.	involvement in hobbies	

***total score (0-40) =***

*average (mean) score for nearly 14,000 U.S. adults (see below) was about 22, with approximately 70% falling in the range 16.5 to 27.5, and approximately 95% in the range 11.5 to 32.5.*

Pressman, S. D., K. A. Matthews, et al. (2009). "Association of Enjoyable Leisure Activities With Psychological and Physical Well-Being." *Psychosom Med* 71(7): 725-732.

Objective: To examine whether engaging in multiple enjoyable activities was associated with better psychological and physiological functioning. Few studies have examined the health benefits of the enjoyable activities that individuals participate in voluntarily in their free time. Method: Participants from four different studies (n = 1399 total, 74% female, age = 19-89 years) completed a self-report measure (Pittsburgh Enjoyable Activities Test (PEAT)) assessing their participation in ten different types of leisure activities as well as measures assessing positive and negative psychosocial states. Resting blood pressure, cortisol (over 2 days), body mass index, waist circumference, and perceived physiological functioning were assessed. Results: Higher PEAT scores were associated with lower blood pressure, total cortisol, waist circumference, and body mass index, and perceptions of better physical function. These associations withstood controlling for demographic measures. The PEAT was correlated with higher levels of positive psychosocial states and lower levels of depression and negative affect. Conclusion: Enjoyable leisure activities, taken in the aggregate, are associated with psychosocial and physical measures relevant for health and well-being. Future studies should determine the extent that these behaviors in the aggregate are useful predictors of disease and other health outcomes.