

PHYSICAL ANHEDONIA SCALE

Chapman, L. J., Chapman, J. P., & Raulin, M. L. (1976). Scales for Physical and Social Anhedonia. *Journal of Abnormal Psychology, 85*, 374-382.

Chapman, L. J., & Chapman, J. P. (1978). Revised Scale for Physical Anhedonia. Unpublished manuscript, University of Wisconsin.

Typically, this scale has been combined with other scales of schizotypic signs with the items intermixed on a single form. The following general instructions are given for testing.

Here are some statements about attitudes and experiences. Please mark each statement as true or false to describe your own attitudes and experiences. We want you to describe yourself as you have been during most of your adult life. Some of the items may refer to experiences that you have had while taking drugs or medications. Unless you have had the experience at times other than when you were taking drugs, mark the item as if having had the experience. Please mark every statement, even if you are not quite sure about the answer.

1. I have always loved having my back massaged. (False)
2. A good soap lather when I'm bathing has sometimes soothed and refreshed me. (False)
3. The sound of the rain falling on the roof has made me feel snug and secure. (False)
4. There just are not many things that I have ever really enjoyed doing. (True)
5. The first winter snowfall has often looked pretty to me. (False)
6. I've never cared to sunbathe; it just makes me hot. (True)
7. When I have walked by a bakery, the smell of fresh bread has often made me hungry. (False)
8. I have often enjoyed the feel of silk, velvet, or fur. (False)
9. I think that flying a kite is silly. (True)
10. It has often felt good to massage my muscles when they are tired or sore. (False)
11. I have been fascinated with the dancing of flames in a fireplace. (False)
12. On hearing a good song, I have seldom wanted to sing along with it. (True)
13. I have usually found love-making to be intensely pleasurable. (False)
14. When I have seen a statue I have had the urge to feel it. (False)
15. I have usually found soft music boring rather than relaxing. (True)
16. The smell of dinner cooking has hardly ever aroused my appetite. (True)
17. On seeing a soft, thick carpet, I have sometimes had the impulse to take off my shoes and walk barefoot on it. (False)
18. The warmth of an open fireplace hasn't especially soothed and calmed me. (True)
19. I have often felt uncomfortable when my friends touch me. (True)

20. One food tastes as good as another to me. (True)
21. Dancing, or the idea of it, has always seemed dull to me. (True)
22. Standing on a high place and looking out over the view is very exciting. (False)
23. I have always hated the feeling of exhaustion that comes from vigorous activity. (True)
24. Sex is okay but not as much fun as most people claim it is. (True)
25. I have always had a number of favorite foods. (False)
26. I never wanted to go on any of the rides at an amusement park. (True)
27. The bright lights of a city are exciting to look at. (False)
28. I have usually finished my bath or shower as quickly as possible just to get it over with. (True)
29. I have never found a thunderstorm exhilarating. (True)
30. I don't know why some people are so interested in music. (True)
31. Sex is the most intensely enjoyable thing in life. (False)
32. The color that things are painted has seldom mattered to me. (True)
33. The sounds of a parade have never excited me. (True)
34. I've never cared much about the texture of food. (True)
35. I have seldom enjoyed any kind of sexual experience. (True)
36. I have sometimes danced by myself just to feel my body move with the music. (False)
37. I have seldom cared to sing in the shower. (True)
38. After a busy day, a slow walk has often felt relaxing. (False)
39. I have often enjoyed receiving a strong, warm handshake. (False)
40. When eating a favorite food, I have often tried to eat slowly to make it last longer. (False)
41. The taste of food has always been important to me. (False)
42. Beautiful scenery has been a great delight to me. (False)
43. I don't understand why people enjoy looking at the stars at night. (True)
44. It has always made me feel good when someone I care about reaches out to touch me. (False)
45. I have often found walks to be relaxing and enjoyable. (False)
46. I have had very little fun from physical activities like walking, swimming or sports. (True)
47. The beauty of sunsets is greatly overrated. (True)
48. I have always found organ music dull and unexciting. (True)
49. I never had the desire to take my shoes off and walk through a puddle barefoot. (True)
50. Poets always exaggerate the beauty and joys of nature. (True)
51. I have had very little desire to try new kinds of foods. (True)
52. I have sometimes enjoyed feeling the strength in my muscles. (False)
53. Trying new foods is something I have always enjoyed. (False)
54. The sound of rustling leaves has never much pleased me. (True)

55. When I'm feeling a little sad, singing has often made me feel happier. (False)
56. I like playing with and petting soft little kittens or puppies. (False)
57. A brisk walk has sometimes made me feel good all over. (False)
58. Sunbathing isn't really more fun than lying down indoors. (True)
59. Flowers aren't as beautiful as many people claim. (True)
60. The sound of organ music has often thrilled me. (False)
61. When I pass by flowers, I have often stopped to smell them. (False)