

Pleasant Events Schedule

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Scoring: In order to score the Pleasant Events Schedule, follow the points listed below:

Average Ranges			
Age Group	Mean Frequency Score (F)	Mean Pleasantness Score (P)	Mean Cross- Product Score (F * P)
20-39	0.63-1.03	0.86-1.26	0.99-1.19
40-59	0.57-0.97	0.82-1.22	0.92-1.12
60 or older	0.50-0.90	0.78-1.18	0.86-1.06

1. Add the frequency ratings (in column F) and divide the total by 320. This is your *mean frequency score*. For example, suppose adding all your frequency ratings gives you a total of 176. Dividing this total by 320 equals 0.55. Your mean frequency score tells you something about how much (or how little) you engage in the activities on the list. It reflects your overall activity level. By comparing your score with the average range for persons your age, shown in Table 2, you can evaluate yourself. If your score is equal to or lower than the low end of the average range, you are not engaging in the activities to the extent that people your age do.
2. Add the pleasantness ratings (in column P) and divide the total by 320. For example, if your rating total was 256, you would obtain 0.80 for your *mean pleasantness rating*. The mean pleasantness rating tells you something about your current *potential* for pleasurable experiences. If this number is low (equal to or lower than the low end of the average range shown in Table 2), it means that, at present, there are few activities that are sources of satisfaction and pleasure for you. If the score is high, it means that you have a good potential to enjoy a large number of activities and events.
3. Compute a cross-product score for each item and enter it in the column marked F x P. For example, if you did not go to the movies during the past 30 days (mark 0) but going to the movies is a very pleasant activity for you (mark 2), then the product score would be $0 \times 2 = 0$, and you would enter 0. If you have been watching television (Item 33) a great deal and you have therefore assigned it a frequency rating of 2, but you don't enjoy watching television and have, therefore, assigned it a pleasantness rating of 0, the product score would be $2 \times 0 = 0$. You are now ready to compute your *mean cross-product score* by adding the F x P scores of all 320 items and dividing this total by 320. The cross-product score is probably the most important score of this test because it is a measure of how much satisfaction and pleasure you derived from your activities during the past month. If the score is high, it means that you are deriving considerable pleasure and satisfaction from your activities.

My mean frequency score is _____.
My mean pleasantness score is _____.
My mean cross-product score is _____.

If your cross-product score is low, you can obtain one more useful bit of information by examining your score pattern. There are three possible patterns that can produce a low cross-product score.

Pattern 1—Low frequency/low pleasantness: You are not doing many of the activities on the list *and* you are not enjoying the activities that you do engage in.

Pattern 2—Low frequency/average or above-average pleasantness: You are not engaging in the kinds of activities that are potentially enjoyable for you.

Pattern 3—Average or above-average frequency/low pleasantness: You are doing many things but are not deriving much enjoyment from your activities.

Reliability: The Pleasant Events Schedule demonstrates adequate test-retest correlations ranging from .50 to .72 over a 3 month period.

Validity: Demonstrates good concurrent, construct and predictive validity (correlations of .57 and .62 for predictive validity).

References:

MacPhillamy, D. J. & Lewinshon, P. M. (1982). The Pleasant Events Schedule: Studies on reliability, validity, and scale inter-correlation. *Journal of Consulting and Clinical Psychology*, 50(3), 363-380.

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Instructions:

This assessment will take you about two hours to take and score. You should plan to complete it in a quiet place and at a time when you will not be interrupted.

HOW OFTEN HAVE THESE EVENTS HAPPENED IN YOUR LIFE IN THE PAST MONTH?

Please answer this question by rating each item on the frequency scale (Column F):

0—This has *not* happened in the past 30 days.

1—This has happened a *few times* (1-6) in the past 30 days.

2—This has happened *often* (7 times or more) in the past 30 days.

Place your rating for each item in Column F. Here is an example: Item 1 is *Being in the country*. Suppose you have been in the country 3 times during the past 30 days. Then you would mark a 1 in Column F next to Item 1.

Some items will list *more than one event*; for these items, mark how often you have done any of the listed events. For example, Item 12 is *Doing artwork (painting, sculpture, drawing, movie-making, and so on)*. You should rate Item 12 on how often you have done any form of artwork in the past month.

Because this list contains events that might happen to a wide variety of people, you may find that many events have not happened to you in the past 30 days. It is not expected that anyone will have done all of these activities in a single month.

Begin now by putting your frequency rating for each of the 320 items in Column F. After you have gone through the list for the first time and have assigned a frequency rating to each of the 320 items, review the list once again. This time ask yourself the following question:

HOW PLEASANT, ENJOYABLE, OR REWARDING WAS EACH EVENT DURING THE PAST MONTH?

Please answer this question by rating each event on the Pleasantness Scale (Column P).

0—This was *not* pleasant (use this rating for those events that were either neutral or unpleasant).

1—This was *somewhat* pleasant (use this rating for events that were mildly or moderately pleasant).

2—This was *very* pleasant (use this rating for events that were strongly or extremely pleasant).

If a particular event has happened to you *more than once* in the past month, try to rate roughly how pleasant it was *on the average*. If an event *has not happened* to you during the past month, then rate it according to how much fun you think it would have been.

When an item lists more than one event, rate it on the events *you have actually done*. (If you haven't done any of the events in such an item, give it the average rating of the events in that item that you would have liked to have done.) Place your rating for each event in Column P (pleasantness).

Example: Item 1 is *Being in the country*. Suppose that each time you were in the country in the past 30 days you enjoyed it a great deal. You would then rate this event 2 because it was very pleasant.

The list of items may contain some events that you would not enjoy. Keep in mind that the list was made for a wide variety of people, and it is not expected that one person would enjoy all of the activities listed. Go through the entire list rating each event on *roughly how pleasant it was* (or would have been) *during the past 30 days*. Please be sure that you rate each item.

Blank spaces are provided at the end of the list. Here you may add activities that you find yourself doing often, or that you think you would find pleasant which are not on the list. Place your ratings in Column F and Column P just like you have for the other items.

PLEASANT EVENTS SCHEDULE

		F	P	F x P	√
1.	Being in the country				
2.	Wearing expensive or formal clothes				
3.	Making contributions to religious, charitable, or other groups				
4.	Talking about sports				
5.	Meeting someone new of the same sex				
6.	Taking tests when well-prepared				
7.	Going to a rock concert				
8.	Playing baseball or softball				
9.	Planning trips or vacations				
10.	Buying things for myself				
11.	Being at the beach				
12.	Doing artwork (painting, sculpture, drawing, movie-making, etc.)				
13.	Rock-climbing or mountaineering				
14.	Reading the scriptures or other sacred works				
15.	Playing golf				
16.	Taking part in military activities				
17.	Rearranging or decorating my room or house				
18.	Going to a sports event				
19.	Reading a "how-to-do-it" book or article				
20.	Going to the races (horse, car, boat, etc.)				
21.	Reading stories, novels, non-fiction poems, or plays				
22.	Going to lectures or hearing speakers				
23.	Driving skillfully				
24.	Breathing clean air				
25.	Thinking up or arranging a song or music				
26.	Saying something clearly				
27.	Boating (canoeing, kayaking, motor-boating, sailing, etc.)				
28.	Pleasing my parents				
29.	Restoring antiques, refinishing furniture, etc.				
30.	Watching TV				
31.	Talking to myself				
32.	Camping				
33.	Working in politics				
34.	Working on machines (cars, bikes, motorcycles, tractors, etc.)				
35.	Thinking about something good in the future				
36.	Playing cards				
37.	Completing a difficult task				
38.	Laughing				
39.	Solving a problem, puzzle, crossword, etc				
40.	Being at weddings, baptisms, confirmations, etc.				
41.	Criticizing someone				
42.	Shaving				
43.	Having lunch with friends or associates				

PLEASANT EVENTS SCHEDULE

		F	P	F x P	√
44.	Playing tennis				
45.	Taking a shower				
46.	Driving long distances				
47.	Woodworking or carpentry				
48.	Writing stories, novels, plays, or poetry				
49.	Being with animals				
50.	Riding in an airplane				
51.	Exploring (hiking away from known routes, spelunking, etc)				
52.	Having a frank and open conversation				
53.	Singing in a group				
54.	Thinking about myself or my problems				
55.	Working on my job				
56.	Going to a party				
57.	Going to church functions (socials, classes, bazaars, etc.)				
58.	Speaking a foreign language				
59.	Going to service, civic, or social club meetings				
60.	Going to a business meeting or a convention				
61.	Being in a sporty or expensive car				
62.	Playing a musical instrument				
63.	Making snacks				
64.	Snow-skiing				
65.	Being helped				
66.	Wearing informal clothes				
67.	Combing or brushing my hair				
68.	Acting				
69.	Taking a nap				
70.	Being with friends				
71.	Canning, freezing, making preserves, etc.				
72.	Solving a personal problem				
73.	Being in a city				
74.	Taking a bath				
75.	Singing to myself				
76.	Making food or crafts to sell or give away				
77.	Playing pool or billiards				
78.	Being with my grandchildren				
79.	Playing chess or checkers				
80.	Doing craftwork (pottery, jewelery, leather, beads, weaving, etc.)				
81.	Weighing myself				
82.	Scratching myself				
83.	Putting on makeup, fixing my hair, etc.				
84.	Designing or drafting				
85.	Visiting people who are sick, shut in, or in trouble				
86.	Cheering, rooting				

PLEASANT EVENTS SCHEDULE

		F	P	F x P	√
87.	Bowling				
88.	Being popular at a gathering				
89.	Watching wild animals				
90.	Having an original idea				
91.	Gardening, landscaping, or doing yardwork				
92.	Reading essays or technical, academic, or professional literature				
93.	Wearing new clothes				
94.	Dancing				
95.	Sitting in the sun				
96.	Riding a motorcycle				
97.	Just sitting and thinking				
98.	Seeing good things happening to my family or friends				
99.	Going to a fair, carnival, circus, zoo, or amusement park				
100.	Talking about philosophy or religion				
101.	Planning or organizing something				
102.	Drinking water, soda, juice, coffee, or tea				
103.	Listening to the sounds of nature				
104.	Dating, courting, etc.				
105.	Having a lively talk				
106.	Racing in a car, motorcycle, boat, etc.				
107.	Listening to the radio				
108.	Having friends come to visit				
109.	Playing in a sporting competition				
110.	Introducing people I think would like each other				
111.	Giving gifts				
112.	Going to school or government meetings, court sessions, etc.				
113.	Getting massages or backrubs				
114.	Getting letters, cards, or notes				
115.	Watching the sky, clouds, or a storm				
116.	Going on outings (to the park, a picnic, a barbecue, etc.)				
117.	Playing basketball				
118.	Buying something for my family				
119.	Photography				
120.	Giving a speech or lecture				
121.	Reading maps				
122.	Gathering natural objects (wild foods or fruit, rocks, driftwood, etc.)				
123.	Working on my finances				
124.	Wearing clean clothes				
125.	Making a major purchase or investment (car, appliance, house, stocks, etc.)				
126.	Helping someone				
127.	Being in the mountains				

PLEASANT EVENTS SCHEDULE

		F	P	F x P	√
128.	Getting a job advancement (being promoted, given a raise, or offered a better job; getting accepted at a school, etc.)				
129.	Hearing jokes				
130.	Winning a bet				
131.	Talking about my children or grandchildren				
132.	Meeting someone new of the opposite sex				
133.	Going to a revival or crusade				
134.	Talking about my health				
135.	Seeing beautiful scenery				
136.	Eating good meals				
137.	Improving my health (having my teeth fixed, getting new glasses, changing my diet, etc.)				
138.	Being downtown				
139.	Wrestling or boxing				
140.	Hunting or shooting				
141.	Playing in a musical group				
142.	Hiking				
143.	Going to a museum or exhibit				
144.	Writing papers, essays, articles, reports, memos, etc.				
145.	Doing a job well				
146.	Having spare time				
147.	Fishing				
148.	Loaning something				
149.	Being noticed as sexually attractive				
150.	Pleasing employers, teachers, etc.				
151.	Counseling someone				
152.	Going to a health club, sauna bath, etc.				
153.	Having someone criticize me				
154.	Learning to do something new				
155.	Going to a "drive-in" (Dairy Queen, McDonald's, etc.)				
156.	Complimenting or praising someone				
157.	Thinking about people I like				
158.	Being at a fraternity or sorority				
159.	Being assertive				
160.	Being with my parents				
161.	Horseback riding				
162.	Protesting social, political, or environmental conditions				
163.	Talking on the telephone				
164.	Having daydreams				
165.	Kicking leaves, sand, pebbles, etc.				
166.	Playing lawn sports (badminton, croquet, shuffleboard, horseshoes, etc.)				
167.	Going to school reunions, alumni meetings, etc.				
168.	Seeing famous people				

PLEASANT EVENTS SCHEDULE

		F	P	F x P	√
169.	Going to the movies				
170.	Kissing				
171.	Being alone				
172.	Budgeting my time				
173.	Cooking meals				
174.	Being praised by people I admire				
175.	Outwitting a "superior"				
176.	Feeling the presence of the Lord in my life				
177.	Doing a project in my own way				
178.	Doing "odd jobs" around the house				
179.	Crying				
180.	Being told I'm needed				
181.	Being at a family reunion or get-together				
182.	Giving a party or get-together				
183.	Washing my hair				
184.	Coaching someone				
185.	Going to a restaurant				
186.	Seeing or smelling a flower or plant				
187.	Being invited out				
188.	Receiving honors (civic, military, etc.)				
189.	Using cologne, perfume, or aftershave				
190.	Having someone agree with me				
191.	Reminiscing, talking about old times				
192.	Getting up early in the morning				
193.	Having peace and quiet				
194.	Doing experiments or other scientific work				
195.	Visiting friends				
196.	Writing in a diary				
197.	Playing football				
198.	Being counseled				
199.	Saying prayers				
200.	Giving massages or backrubs				
201.	Hitchhiking				
202.	Meditating or doing yoga				
203.	Seeing a fight				
204.	Doing favors for people				
205.	Talking with people on the job or in class				
206.	Being relaxed				
207.	Being asked for my help or advice				
208.	Thinking about other people's problems				
219.	Playing board games (Monopoly, Scrabble, etc.)				
210.	Sleeping soundly at night				
211.	Doing heavy outdoor work (cutting or chopping wood, clearing land, farm work, etc.)				

PLEASANT EVENTS SCHEDULE

		F	P	F x P	√
212.	Reading the newspaper				
213.	Snowmobiling or dune-buggy riding				
214.	Being in a body-awareness, sensitivity, encounter, therapy, or "rap" group				
215.	Dreaming at night				
216.	Playing ping-pong				
217.	Brushing my teeth				
218.	Swimming				
219.	Running, jogging, or doing gymnastics, fitness, or field exercises				
220.	Walking barefoot				
221.	Playing Frisbee or catch				
222.	Doing housework or laundry; cleaning things				
223.	Being with my roommate				
224.	Listening to music				
225.	Arguing				
226.	Knitting, crocheting, embroidery, or fancy needle work				
227.	Petting, necking				
228.	Amusing people				
229.	Talking about sex				
230.	Going to a barber or beautician				
231.	Having houseguests				
232.	Being with someone I love				
233.	Reading magazines				
234.	Sleeping late				
235.	Starting a new project				
236.	Being stubborn				
237.	Having sexual relations				
238.	Having other sexual satisfactions				
239.	Going to the library				
240.	Playing soccer, rugby, hockey, lacrosse, etc.				
241.	Preparing a new or special food				
242.	Birdwatching				
243.	Shopping				
244.	Watching people				
245.	Building or watching a fire				
246.	Winning an argument				
247.	Selling or trading something				
248.	Finishing a project or task				
240	Confessing or apologizing				
250.	Repairing things				
251.	Working with others as a team				
252.	Bicycling				
253.	Telling people what to do				

PLEASANT EVENTS SCHEDULE

		F	P	F x P	√
254.	Being with happy people				
255.	Playing party games				
256.	Writing letters, cards, or notes				
257.	Talking about politics or public affairs				
258.	Asking for help or advice				
259.	Going to banquets, luncheons, potlucks, etc.				
260.	Talking about my hobby or special interest				
261.	Watching attractive women or men				
262.	Smiling at people				
263.	Playing in sand, a stream, the grass, etc.				
264.	Talking about other people				
265.	Being with my husband or wife				
266.	Having people show interest in what I have said				
267.	Going on field trips, nature walks, etc.				
268.	Expressing my love to someone				
269.	Caring for houseplants				
270.	Having coffee, tea, a coke, etc., with friends				
271.	Taking a walk				
272.	Collecting things				
273.	Playing handball, paddleball, squash, etc.				
274.	Sewing				
275.	Suffering for a good cause				
276.	Remembering a departed friend or loved one, visiting the cemetery				
277.	Doing things with children				
278.	Beachcombing				
279.	Being complimented or told I have done well				
280.	Being told I am loved				
281.	Eating snacks				
282.	Staying up late				
283.	Having family members or friends do something that makes me proud of them				
284.	Being with my children				
285.	Going to auctions, garage sales, etc.				
286.	Thinking about an interesting question				
287.	Doing volunteer work, working on community service projects				
288.	Water skiing, surfing, scuba diving				
289.	Receiving money				
290.	Defending or protecting someone; stopping fraud or abuse				
291.	Hearing a good sermon				
292.	Winning a competition				
293.	Making a new friend				
294.	Talking about my job or school				

PLEASANT EVENTS SCHEDULE

		F	P	F x P	√
295.	Reading cartoons, comic strips, or comic books				
296.	Borrowing something				
297.	Traveling with a group				
298.	Seeing old friends				
299.	Teaching someone				
300.	Using my strength				
301.	Traveling				
302.	Going to office parties or departmental get-togethers				
303.	Attending concert, opera, or ballet				
304.	Playing with pets				
305.	Going to a play				
306.	Looking at the stars or moon				
307.	Being coached				