

ENJOY Scale Long Form

Scoring Guidelines

The ENJOY scale is based on a seven-point Likert scale with a response anchor at every rating point (e.g., 1 = Strongly Disagree, 5 = Somewhat Agree, 7 = Strongly Agree). The order of statements can be presented as is or randomized per respondent. For online questionnaires, it is recommended that the statements on the scale be separated into 5-7 statements per page to minimize scrolling. “The activity” can be replaced by a specified activity or left blank for respondents to fill.

The ratings (from 1-7) of all items on the same dimension should be **averaged** to obtain subscale scores for each respondent. The composite score of enjoyment can be obtained by summing the averages of each subscale together.



The ENJOY is licensed under a Creative Commons Attribution-NoDerivatives 4.0 International (CC BY-ND 4.0) License. The instrument can be freely copied and redistributed in any medium or format for any purpose (even commercially) as long as it is passed along unchanged and in whole, and appropriate credit is given. For more information visit:

<http://creativecommons.org/licenses/by-nd/4.0/> For further questions or inquiries, contact Shayn Davidson, Ph.D. at Shaynsavage@gmail.com.

Pleasure Subscale Items

1. The activity was pleasurable to me.
2. The activity made me feel happy.
3. The activity was fun.
4. The activity made me feel good.
5. I liked doing the activity.
6. The activity made me feel great.
7. I had fun during the activity.
8. Doing the activity made me feel joyful.
9. The activity cheered me up.
10. I felt delighted when I did the activity.
11. I felt cheerful during the activity.
12. The activity brought out good feelings.
13. I felt glad the last time I did the activity.
14. I felt excited the last time I did the activity.
15. I felt positive sensations the last time I did the activity.
16. The activity was relaxing.
17. I felt refreshed after the activity.
18. I felt energized by the activity.
19. I enthusiastically did the activity.
20. The activity was invigorating.

21. I felt content during the activity.
22. The activity made me feel energetic.
23. Doing the activity made me feel alive.
24. My body felt good when I did the activity.
25. I felt good inside when I did the activity.
26. The activity excited my senses.
27. I felt lively during the activity.
28. I felt thrilled the last time I did the activity.
29. The activity made me feel alive.
30. The activity was exhilarating.
31. I would choose to do the activity again.
32. The activity made me feel stimulated.
33. I found myself smiling during the activity.
34. I felt personally interested in the activity.

Relatedness Subscale Items

1. The activity was a shared effort with others.
2. I liked interacting with others during the activity.
3. I felt close to others when I did the activity.
4. I cooperated with others during the activity.
5. I felt connected with others during the activity.
6. I did the activity so I could interact with others.
7. The activity made me feel closer to my friends.
8. I wanted to do the activity with others.
9. I did the activity with friends.
10. The relationships I have with others through the activity are important.
11. I received support from my friends which helped me do the activity.
12. The relationships I have with others through the activity are fulfilling.
13. I was supported by others to do the activity.
14. I felt like I was important to others during the activity.
15. The activity made me closer to my family.
16. I received support from my family which helped me do the activity.
17. I felt a sense of belongingness when I did the activity.

Competence Subscale Items

1. I was proficient in the activity.
2. I felt competent at performing the activity.
3. I am good at the activity.
4. I felt very capable during the activity.
5. I felt like I did a good job the last time I did the activity.
6. I felt effective at doing the activity.
7. I felt competent when I was doing the activity.
8. I felt I was successful at completing the activity.
9. I felt in control of my actions during the activity.
10. I felt confident during the activity.
11. I felt my skills matched the challenges of the activity.

12. My ability to do the activity was well matched with the activity's challenges.
13. I had a good sense of how well I was doing during the activity.

Challenge/Improvement Subscale Items

1. The activity allowed me to develop new skills.
2. I felt challenged, but not under-challenged, during the activity.
3. I improved my skills the last time I did the activity.
4. I felt challenged, but not over-challenged, during the activity.
5. During the activity I was able to get better at doing it.
6. I liked the challenge the activity provided me.
7. I was able to overcome challenges during the activity.
8. I improved my knowledge when I did the activity.
9. I felt a sense of achievement when I did the activity.
10. The activity provided me feedback which indicated how well I was doing.
11. I felt daring during the activity.
12. I was able to apply my knowledge during the activity.
13. I felt proud when I did the activity.
14. I felt strong during the activity.

Engagement Subscale Items

1. I lost track of what was going on outside of the activity.
2. I lost track of what was going on around me during the activity.
3. I forgot what was going on around me during the activity.
4. I lost track of time during the activity.
5. When I did the activity, I thought about nothing else.
6. I blocked out most other distractions during the activity.
7. My attention was focused on the activity.
8. I felt absorbed in the activity.
9. I felt immersed in the activity.
10. I concentrated on the activity.
11. I remained concentrated on the activity.
12. I deliberately focused on the activity.
13. I felt engrossed by the activity.