

# Anhedonia Test

## (Snaith-Hamilton Pleasure Scale)

This questionnaire is designed to measure your ability to experience pleasure in the last few days. It is important to read each statement very carefully. Tick one of the boxes to indicate how much you agree or disagree with each statement.

### 1. I would enjoy my favorite television or radio program.

Strongly disagree

Disagree

Agree

Strongly agree

### 2. I would enjoy being with my family or close friends.

Definitely agree

Agree

Disagree

Strongly disagree

### 3. I would find pleasure in my hobbies and pastimes.

Strongly disagree

Disagree

Agree

Strongly agree

### 4. I would be able to enjoy my favorite meal.

Definitely agree

Agree

Disagree

Strongly disagree

### 5. I would enjoy a warm bath or refreshing shower.

Definitely agree

Agree

Disagree

Strongly disagree

**6. I would find pleasure in the scent of flowers or the smell of a fresh sea breeze or freshly baked bread.**

Strongly disagree

Disagree

Agree

Strongly agree

**7. I would enjoy seeing other people's smiling face.**

Definitely agree

Agree

Disagree

Strongly disagree

**8. I would enjoy looking smart when I have made an effort with my appearance.**

Strongly disagree

Disagree

Agree

Strongly agree

**9. I would enjoy reading a book, magazine or newspaper:**

Definitely agree

Agree

Disagree

Strongly disagree

**10. I would enjoy a cup of tea or coffee or my favorite drink.**

Strongly disagree

Disagree

Agree

Strongly agree

**11. I would find pleasure in small things, e.g. bright sunny day, a telephone call from a friend.**

Strongly disagree

Disagree

Agree

Strongly agree

**12. I would be able to enjoy a beautiful landscape or view.**

Definitely agree

Agree

Disagree

Strongly disagree

**13. I would get pleasure from helping others.**

Strongly disagree

Disagree

Agree

Strongly agree

**14. I would feel pleasure when I receive praise from other people.**

Definitely agree

Agree

Disagree

Strongly disagree

Snaith, R. P., Hamilton, M., Morley, S., Humayan, A., Hargreaves, D., & Trigwell, P. (1995). A scale for the assessment of hedonic tone the Snaith-Hamilton Pleasure Scale. *The British Journal of Psychiatry : The Journal of Mental Science*, 167(1), 99–103. <https://doi.org/10.1192/bjp.167.1.99>