

Apathy Test

Name: _____ Date of birth: _____

Gender: _____ Date: _____

Instructions: For each statement, choose the answer that best describes your thoughts, feelings, and activity in the past 4 weeks.

1. I am interested in things.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

2. I get things done during the day.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

3. Getting things started on my own is important to me.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

4. I am interested in having new experiences.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

5. I am interested in learning new things.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

6. I put little effort into anything.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

7. I approach life with intensity.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

8. Seeing a job through to the end is important to me.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

9. I spend time doing things that interest me.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

10. Someone has to tell me what to do each day.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

11. I am less concerned about my problems than I should be.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

12. I have friends.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

13. Getting together with friends is important to me.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

14. When something good happens, I get excited.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

15. I have an accurate understanding of my problems.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

16. Getting things done during the day is important to me.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

17. I have initiative.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

18. I have motivation.

1

Not all characteristic

2

Slightly characteristic

3

Somewhat characteristic

4

Very characteristic

Total score: _____

Scoring and interpretation

For clinical purposes, apathy is conceptualized as a pathological construct. Therefore,

items are scored so that high scores indicate more apathy, i.e., less motivation. This requires recoding items that are stated with positive (+) or "healthy" syntax.

Therefore, all except 3 items (#6, #10, #11) have to be recoded or reverse-scored. Recoding means changing item codes to 1=4, 2=3, 3=2, 4=1.

Scores range from 18 to 72. Using a criterion of mean + 2 SD. This suggests cutoff scores of 39-41, with higher scores reflecting more apathy.

Note: Clinical correlation suggests that these cutoffs are probably slightly low. This is undoubtedly due, at least in part, to the effect of "volunteerism": individuals who volunteer for a study on apathy probably have higher-than-average motivation compared to the general population.

It should also be noted that the original validation study was performed in a geriatric population. Age and culture are important sources of variance for rating apathy. For these reasons, it is recommended that investigators develop their own norms using this test.

Reference

Marin, R. S., Biedrzycki, R. C., & Firinciogullari, S. (1991). Reliability and validity of the Apathy Evaluation Scale. *Psychiatry Research*, 38(2), 143–162. [https://doi.org/10.1016/0165-1781\(91\)90040-v](https://doi.org/10.1016/0165-1781(91)90040-v)