

# 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)