

Brief Descriptive Information about the Pleasant Events Schedule-AD

Citations:

Logsdon, R.G. & Teri, L. (1997). The Pleasant Events Schedule-AD: Psychometric properties of long and short forms and an investigation of its association to depression and cognition in Alzheimer's disease patients. The Gerontologist, 37(1), 40-45.

Teri, L. and Logsdon, R.G. (1991) Identifying pleasant activities for Alzheimer's patients: The PES-AD. The Gerontologist, 31(1), 124-127.

Teri, L., Logsdon, R.G., Uomoto, J., & McCurry, S.M. (1997). Treatment of depression in dementia patients: A controlled clinical trial. The Journals of Gerontology: Psychological Sciences, 52(4), 150-166.

Description & Psychometrics:

The Pleasant Events Schedule-AD is a caregiver-report questionnaire designed to identify pleasant events for Alzheimer's disease patients. It consists of a list of potential pleasant events in which AD patients may engage, and asks caregivers to rate whether their patient now enjoys each activity, whether the patient enjoyed it in the past, and how frequently their patient engaged in each activity during the prior month.

It can be administered to caregivers as a questionnaire, and takes caregivers about 15 minutes to complete. Scoring is objective, and takes about 15 minutes. Scores include an overall activity frequency rating, an overall enjoyment rating, and a cross product between the two to determine frequency of enjoyable activity.

The PES-AD was demonstrated to have good internal consistency ($\alpha=.90$) and to correlate with severity of depression in AD patients, assessed by the Hamilton Depression Rating Scale ($r=.41$), and with depression diagnosis ($r=.59$). A long (53 item) and short (20 item) version are available. Correlation between the two versions is .95. The PES-AD has been used in a published depression treatment study with these individuals (Teri, Logsdon, Uomoto, & McCurry, 1997).

Pleasant Events Schedule: AD (Short Version)

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Instructions: This schedule contains a list of events or activities that people sometimes enjoy. It is designed to find out about things your relative has enjoyed during the past month. Please rate each item twice. The first time, rate each item on how many times it happened in the past month (frequency); the second time, rate each event on how much your relative enjoys the activity.

Activity	Frequency			Enjoy		
	Not At All	1 to 6 Times	7 or more Times	Not At All	Some-what	A Great Deal
1. Being outside						
2. Shopping, buying things						
3. Reading or listening to stories, magazines, newspapers						
4. Listening to music						
5. Watching T.V.						
6. Laughing						
7. Having meals with friends or family						
8. Making or eating snacks						
9. Helping around the house						
10. Being with family						
11. Wearing favorite clothes						
12. Listening to the sounds of nature (birdsong, wind, surf)						
13. Getting/sending letters, cards						
14. Going on outings (to the park, a picnic, etc.)						
15. Having coffee, tea, etc. with friends						
16. Being complimented						
17. Exercising (walking, dancing, etc.)						
18. Going for a ride in the car						
19. Grooming (wearing make up, shaving, having hair cut)						
20. Recalling and discussing past events						

Pleasant Events Schedule

(Long Version)

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Instructions: This schedule contains a list of events or activities that people sometimes enjoy. It is designed to find out about things that your relative has enjoyed during the past month. Please rate each item twice. The first time, rate each item on how many times it happened in the past month (frequency); the second time, rate each event on how much your relative enjoys the activity.

Activity	Frequency			Enjoy		
	Not At All	1 to 6 Times	7 or more Times	Not At All	Some-what	A Great Deal
1. Being outside (sitting outside, being in the country)						
2. Meeting someone new or making new friends						
3. Planning trips or vacations						
4. Shopping, buying things (for self or others)						
5. Being at the beach						
6. Reading or listening to stories, novels, plays or poems						
7. Listening to music (radio, stereo)						
8. Watching TV						
9. Camping						
10. Thinking about something good in the future						
11. Completing a difficult task						
12. Laughing						
13. Doing jigsaw puzzles, crosswords, and word games						
14. Having meals with friends or family (at home or out, special occasions)						
15. Taking a shower or bath						
16. Being with animals or pets						
17. Listening to non-music radio programs (talk shows)						
18. Making or eating snacks						
19. Helping others, helping around the house, dusting, cleaning, setting the table, cooking						

Activity	Frequency			Enjoy		
	Not At All	1 to 6 Times	7 or more Times	Not At All	Some-what	A Great Deal
20. Combing or brushing my hair						
21. Taking a nap						
22. Being with my family (children, grandchildren, siblings, others)						
23. Watching animals or birds (in a zoo or in the yard)						
24. Wearing certain clothes (such as new, informal, formal, or favorite clothes)						
25. Listening to the sounds of nature (birdsong, wind, surf)						
26. Having friends come to visit						
27. Getting or sending letters, cards, notes						
28. Watching the clouds, sky, or a storm						
29. Going on outings (to the park, a picnic, or barbecue, etc.)						
30. Reading, watching or listening to the news						
31. Watching people						
32. Having coffee, tea, a soda, etc. with friends						
33. Being complimented or told I have done something well						
34. Being told I am loved						
35. Having family members or friends tell me something that makes me proud of them						
36. Seeing or speaking with old friends (in person or on the telephone)						
37. Looking at the stars or moon						
38. Playing cards or games						
39. Doing handwork (crocheting, woodworking, crafts, knitting, painting, drawing, ceramics clay work, other)						
40. Exercising (walking, aerobics, swimming, dancing, other)						
41. Indoor gardening or related activities (tending plants)						
42. Outdoor gardening or related activities (mowing lawn, raking leaves, watering plants, yard work)						

Activity	Frequency			Enjoy		
	Not At All	1 to 6 Times	7 or more Times	Not At All	Some-what	A Great Deal
43. Going to museums, art exhibits or related cultural activities						
44. Looking at photo albums and photos						
45. Stamp collecting, or other collections						
46. Sorting out drawers or closets						
47. Going for a ride in the car						
48. Going to church, attending religious services						
49. Singing						
50. Grooming self (wearing make-up, having hair cut, shaving)						
51. Going to the movies						
52. Recalling and discussing past events						
53. Participating in or watching sports (golf, baseball, football, etc.)						