

Engagement in Meaningful Activities Survey*

“Below is a list of statements about your day to day activities. Please read each one carefully and choose the answer that best describes to what extent each statement is true for you. Take your time and try to be as accurate as possible.”

1. The activities I do help me take care of myself.
2. The activities I do reflect the kind of person I am.
3. The activities I do express my creativity.
4. The activities I do help me achieve something which gives me a sense of accomplishment.
5. The activities I do contribute to my feeling competent.
6. The activities I do are valued by other people.
7. The activities I do help other people.
8. The activities I do give me pleasure.
9. The activities I do give me a feeling of control.
10. The activities I do help me express my personal values.
11. The activities I do give me a sense of satisfaction.
12. The activities I do have just the right amount of challenge.

1-Rarely, 2-Sometimes, 3-Usually and 4-Always

Scoring is conducted by summing the responses (ranging from 1=Rarely to 4=Always) of the 12 EMAS items for a possible score range of 12-48. Persons may be classified as perceiving the meaningfulness of their activities as being either low (EMAS < 29), moderate (EMAS 29 – 41) or high (EMAS > 41); sample means (standard deviations) for the EMAS include: college students 33.4 (5.8), post 9/11 veterans with disabilities in post-secondary education 29.7 (7.7), and community-dwelling older adults 36.4 (6.2).

* This format has been adapted from the original scale first introduced by Goldberg, et al. (2002). The revised formatting was derived through additional studies (Eakman, 2007, 2011; Eakman, Carlson, & Clark, 2010a, 2010b) and has been informed by a thorough IRT analysis of the EMAS (Eakman, 2012). If the prior version of the EMAS is used which has a response range from 1=Never to 5=Always (e.g., Eakman, 2011; Goldberg, Britnell & Goldberg, 2002) scoring is conducted by summing the responses of the 12 EMAS items with a possible score range of 12-60. The sample means (standard deviations) reported for the 5-category response format, include: college students 45.3 (5.8), community-dwelling older adults 48.1 (6.6), and persons with mental illness 41.6 (8.3) (Eakman, 2011; Eakman, Carlson & Clark, 2010b; Goldberg et al., 2002).

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