**DOPS**

**Domains of Pleasure Scale**

Developed by:

Maurits Masselink

Eeske van Roekel

Vera Heininga

Charlotte Vrijen

 Esther Nederhof

Albertine J. Oldehinkel

**Pleasure**

This questionnaire is about how you experience pleasure. Everyone is different and enjoys different things. There is also a difference in the degree to which people can enjoy things. Alongside these differences between people, one and the same person can experience different levels of pleasure. We would like to ask you about how much you have enjoyed things in the past two weeks and to compare this to what is normal for you.

The questionnaire lists various situations and you will be asked how much you have enjoyed these situations **in the past two weeks.** Although you may not have experienced all of these situations in the past two weeks, please imagine what you would have felt in those situations. For example, if you see ‘I enjoy a beautiful snowy landscape’ but it hasn’t actually snowed recently, think about a snowy landscape and imagine how much you would have enjoyed it in the past two weeks.

There are two questions to answer for each situation. The first question is about how much you enjoyed this situation **in the past two weeks**. You can indicate this by clicking somewhere along the line that runs from ‘not at all’ to ‘very much’. The second question is about whether this amount of pleasure is more, just as much or less than you normally feel.

The statement below is an example. Please answer the question before continuing with the questionnaire.

**Example statement: I enjoy watching football.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal**, this is: |  | * Much more
* More
* Just as much
* Less
* Much less
 |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**Enjoyment (in the past two weeks):**

1. **I enjoy a good meal.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

1. **I enjoy swapping stories and experiences with other people.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

1. **I enjoy those moments when I can really relax.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

1. **I enjoy being with family or good friends.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

**Enjoyment (in the past two weeks):**

1. **I enjoy sex (alone or with someone else).**
* I have no experience of this (please skip this question).

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

1. **I enjoy winning in games or in sports.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

1. **I enjoy physical activity (anything from light exercise to intensive sports).**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

1. **I enjoy the small things in life.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

**Enjoyment (in the past two weeks):**

1. **I enjoy pleasant smells.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

1. **I enjoy a nice drink (for example coffee, tea, coke, beer).**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

1. **I enjoy having close friendships.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

1. **I enjoy listening to music.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

**Enjoyment (in the past two weeks):**

1. **I enjoy meeting new people.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

1. **I enjoy a hot bath or a refreshing shower.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

1. **I enjoy sexual intimacy (for example kissing, touching each other, cuddling).**
* I have no experience of this (please skip this question).

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

1. **I enjoy seeing beautiful things.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

**Enjoyment (in the past two weeks):**

1. **I enjoy spending time on my hobbies.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

1. **I enjoy getting better at something.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

1. **I enjoy doing things with other people.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

1. **I enjoy feeling sexually aroused.**
* I have no experience of this (please skip this question).

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

**Enjoyment (in the past two weeks):**

1. **I enjoy learning new things.**

Not at all

Very much

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more
* More
* Just as much
* Less
* Much Less
 |  |

You have just answered some very specific questions about pleasure. The next section contains a question about pleasure in general. Please indicate the degree to which the two statements at opposite ends of the line apply to you. Click on the part of the line that matches your answer. The closer the slider is to one of the ends, the more you feel that statement applies to you.

**In the past two weeks🡨 List on top of every page with items**

I hardly ever

 enjoy myself

I almost always

 enjoy myself

|  |  |
| --- | --- |
|  |  |
|  |  |  |  |  |
| **Compared with normal,** this is: |  | * Much more (go to \*\*)
* More (go to\*\*)
* Just as much (go to \*\*)
* Less (go to \*)
* Much Less (go to \*)
 |  |

**\* You have indicated that you are experiencing LESS pleasure than usual; how long has this been the case?**

* 1 to 2 weeks
* 2 weeks to 1 month
* 1 to 2 months
* 2 months to 1 year
* More than a year

**\* Why do you think that you have been experiencing less pleasure than usual recently? (you may give more than one answer)**

* Bullying
* Sexual intimidation
* Physical or emotional abuse
* Death or serious illness of someone close
* Split up with partner
* Loss of job
* Poor results at school/college/university/job
* Failure to achieve an important goal
* Physical problems or illness
* Financial problems
* Stress
* I don’t know
* Other, namely:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\*\* This is the end of the questionnaire. Thank you for completing it!**