

TEST FOR ANHEDONIA

Definition: The term “ANHEDONIA” refers to the loss of capacity to experience pleasure or the inability to gain pleasure from normally pleasurable experiences.

Instructions:

Answer the following questions by using this scale to enter a score for each question:

0. Never or rarely

1. **Occasionally**, (I seem to be able to control it).
2. **Often** (several times a week).
3. **Always** (every day).

SCORE

- | | |
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| 1. I used to enjoy good food but no longer do. | |
| 2. My emotions feel numb and I cannot respond to happy events. | |
| 3. Feelings of sadness can easily overwhelm me. | |
| 4. Other people now seem to be much happier than I am. | |
| 5. I have great difficulty trying to get going in the morning. | |
| 6. I have lost interest in activities that used to give me pleasure. | |
| 7. I cannot think of anything that can make me feel happy. | |
| 8. I cannot give or receive affection as well as I used to. | |
| 9. I feel that God is very far away and not interested in me. | |
| 10. I no longer want to socialize with people. | |
| 11. I avoid going to church, club or other social activities. | |
| 12. I used to derive a lot of pleasure in hobbies or creative activities,
but no longer do. | |
| 13. Even when I accomplish something significant, I cannot enjoy it. | |
| 14. Most of what is happening in my life bores me. | |
| 15. The worst time of the day for me is the morning, or after I have taken a nap. | |

TOTAL

Scoring and interpretation: Total the score given to each question.

- Score: 15 or less: Your score is within limits for a normal pleasure response.**
16 to 20: You are beginning to show some mild anhedonia.
21 to 25: Your level of anhedonia is moderate and should be of concern.
**26 to 30: Your anhedonia is now severe and you might even be
experiencing clinical depression – consider professional help.**
Over 30: Your anhedonia and possibly depression is now very severe.

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