

Leisure Interest Assessment

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Descriptions & Purpose: Developing an understanding of leisure interests for each client, both current interests and potential new interests is an important aspect for creating programs and activities that clients will enjoy and participate in both during treatment and upon discharge from the facility. The purpose of this assessment is to determine those leisure interests and to also develop new interests that the client can enjoy during their treatment and also upon their discharge, ensuring a greater quality of life throughout their leisure lifestyle.

Instructions: The assessment is divided into two sections. For both sections, clients will have a pairing of pictures, or a pairing of words, where they will choose one from each pair. For Section 1, participants should place an “X” next to the activity that they would prefer to participate in, or the activity that they would most likely participate in if the choices are activities they have never engaged in. For Section 2, participants will choose the picture of the activity that they are most interested in or the activity that they prefer over the other pictured activity. Each picture will have a corresponding letter (A, B, C, D, E, F, or G). Whichever letter corresponds to the picture they chose, write it down next to the number that corresponds with the group. (Example: Group #1, picture C was chosen. Write: 1. C)

Remind your clients that there is no wrong or right answer. Have them answer based on their initial reaction towards the pairings of words or photos. Often, the longer it takes for clients to choose, the greater chance for skewed or inaccurate results. If both options are activities that they have never participated in, remind them to choose the activity that they would most likely participate in out of the two options.

Scoring: Once all questions have been answered, total up the number of times each letter was used for each section.

Example:

A	B	C	D	E	F	G
12	5	9	11	6	8	3

Each letter is associated with a domain/category regarding activities.

A= Physical activities (Sports, exercise, etc.)

B= Mind-Body (Tai Chi, Yoga, etc.)

C= Games (Crossword puzzles, cards, etc.)

D= Creative-Expression (Dance, photography, etc.)

E= Social Outings (Concerts, parties, etc.)

F= Collecting (Stamps, Coins, etc.)

G= Nature (Animals, Gardening, etc.)

Based on the example given, the client's favorite activities or the activities they are most interested in (depending which section the totals refer to) come from domains A and D (Physical activities and Creative Expression).

Name _____ Date _____

Therapist Conducting Assessment _____

Section 1: Choose the activity that is most appealing to you—or that you would be most interested in participating, by writing an “X” next to the activity on the line provided.

1. Play Football (A) _____ or Hunting (G) _____

2. Cooking (D) _____ or Pilates (B) _____

3. Hiking (G) _____ or Collecting Figurines (F) _____

4. Playing Cards (C) _____ or Playing an Instrument (D) _____

5. Karate (B) _____ or Going Shopping (E) _____

6. Playing Darts (C) _____ or Geocaching (G) _____

7. Woodworking (D) _____ or Going to a Restaurant (E) _____

8. Meditation (B) _____ or Fishing (G) _____

9. Storytelling (D) _____ or Antique Collecting (F) _____

10. Car Collecting (F) _____ or Attending a Play (E) _____

11. Collecting Rocks (F) _____ or Getting a Massage (B) _____

12. Play Soccer (A) _____ or Participating in a Drama (D) _____

13. Playing Baseball (A) _____ or Attending a Party (E) _____

14. Baking (D) _____ or Visiting the Zoo (G) _____

15. Lawn Games (C) _____ or Play Hockey (A) _____

16. Playing Checkers (C) _____ or Collecting Dolls (F) _____

17. Reading (B) _____ or Playing Baseball (A) _____

18. Camping (G) _____ or Going to a Club (E) _____

19. Puzzles (C) _____ or Praying (B) _____

20. Collecting Artifacts (F) _____ or Playing Frisbee Golf (A) _____

21. Amusement Park (E) _____ or Playing Board Games (C) _____

Section 2: Choose the picture that is most appealing to you—or that you would be most interested in participating, by writing the letter associated with the picture on the line provided.

1. _____



2. _____



3. _____



C



F

4. _____



A



G

5. _____



E



B

6. _____



D



F

7. _____



C



A

8. _____



G



B

9. _____



D



E

10. _____



B



C

11. _____



A



E

12. _____



13. _____



14. _____



15. _____



16. _____



17. _____



18. _____



C



E

19. _____



F



B

20. _____



C



G

21. _____



D



A

See next page for scoring.

Scoring

Section 1: Write the letter of the activity that you chose next to each number that corresponds with the same pair from Section 1.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.
- 11.
- 12.
- 13.
- 14.
- 15.
- 16.
- 17.
- 18.
- 19.
- 20.
- 21.

Section 1: Tally up and write the total number of your scores for each letter.

A	B	C	D	E	F	G

Section 2: Tally up and write the total number of your scores for each letter.

A	B	C	D	E	F	G

Section 1 and Section 2 Combined Scores:

A	B	C	D	E	F	G

#1 Domain Category: _____

#2 Domain Category: _____

#3 Domain Category: _____

Were there any activities you are interested in that were not represented on this assessment? If so, please, list below:
