## Leisure Attitude Measure (LAM)

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Рор	Time	Purpose	Measures	Scoring	Notes
Moderate to no cognitive impairment, IQ 80 or higher, mental age of 12 or older, Ranch 7 or above, mild to no orientation disability	10- 30 mins	To review (and quantify) the participants attitude toward leisure on three different levels	Cognitive: What the client "thinks" about leisure  • Knowledge and beliefs about leisure  • General Beliefs about leisure's relation to other concepts such as health, happiness, and work  • Beliefs about the qualities, virtues, characteristics, and benefits of leisure to individuals such as: developing friendships, renewing energy, helping one to relax, meeting needs, and self-improvement  Affective: How does the client "feel" about his/her leisure experiences  • Evaluation of his/her leisure experiences and activities  • Liking of those experiences and activities  • Immediate and direct feelings toward leisure experiences  Behavioral: The person's "intentions" to engage in leisure  • Verbalized behavioral intentions toward leisure choices and activities,	Scale  1 = never true  2 = seldom true  3 = somewhat true  4 = often true  5 = always true  Each component has 12 items. All 12 are added together and divided by  12. If a client received a 2.5 or lower in any component intervention is warranted as follows:  Cognitive: education about the need for leisure in society and one's life  Affective: provision of positive experiences related to interests, values, needs  Behavioral: education about the importance of	RT assessment tool. Part of the Idyll Arbor Leisure Battery. Used when client's attitude towards leisure is unclear or need further definition. Findings can assist with tx or program planning.
			and on self-reports of current and past participation	leisure activities for improving quality of life	

## **LAM Completed Example**



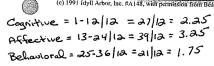
## LEISURE ATTITUDE MEASUREMENT (LAM)

Purpose: The purpose of this scale is to measure your attitude toward leisure.

Directions: Listed below are 36 statements. To the left of each statement is a line to indicate how true that statement is. A "1" means that the statement is never true, "2" means that it is seldom true, "3" means that it is sometimes true, "4" means that it is often true, and "5" means that it is always true. Write down the number that best fits into your situation.

Definition: "Leisure Activities" are the things that you do that are not part of your work and are not part of your basic grooming needs.

	1 NEVER TRUE	2 SELDOM TRUE	3 SOMEWHA	T TRUE	4 OFTEN TRUE	5 ALWAYS TRUE
	2 1. Engaging in time.	leisure activities is a w	rise use of	3 21.1 c	onsider it appropriate	e to engage in leisure
	2. Leisure acti	vities are beneficial to i	ndividuals	<u>3</u> 22.1 fi	eel that the time I spe	end on leisure activities
	3. People ofter leisure.	n develop friendships in	their	_	ke my leisure activiti	
		vities contribute to one'			y leisure activities abs ention.	sorb or get my full
		vities increase one's hap			o leisure activities fre	equently.
		eases one's work produ vities help to renew one		2 tim	ie I spend in leisure a	
	2 8. Leisure acti	vities can be a means fo	r self-	27.1 b	uy goods and equipm sure activities as my i	nent to use in my income allows.
	3 9. Leisure acti	vities help individuals to leisure activities.	o relax.	4 28.1 W	ould do more new le ald afford the time an	isure activities if I
•	<b>7</b>	vities are good opportur	nities for	mo	pend considerable tim tre competent in my l	eisure activities.
	2 12. Leisure acti	-		30.Giv	ven a choice I would city which provides f	live in an environment or leisure.
	time flies.	engaged in leisure activ	•	31.1 de	o some leisure activit e not been planned.	ies even when they
		activities give me pleasu eisure activities.	ire.	1 32.f w	ould attend a semina lo leisure activities b	r or a class to be able
-	4 16.1 can be my	self during my leisure.		33.I su	apport the idea of inc	reasing my free time to
	delightful ex	ectivities provide me wi	th		ngage in leisure activ	
	_	isure is good for me.		bus	sy.	
	leisure activ	my time while I am en	gaged in	35.1 w	ould spend time in ec paration for leisure a	ducation and ctivities.
,	20. My leisure a	ectivities are ref <b>ShiA</b>	MPLE	<u>l</u> 36.1 gi	ve my leisure high pi vities.	riority among other
	Patient's Name	Do N	Physician of Cop	<b>y</b>	Admit #	Room/Bed
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## **Narrative Summary of Findings**

Here's an example of how you might document the above findings:

Findings from the Leisure Attitude Measure (LAM) indicates pt experiences positive emotions when engaged in leisure activities (Affective = 3.25), however knowledge of the benefits of leisure on health and quality of life are poor (Cognitive = 2.25), as well as intentions to engage in leisure (Behavioral = 1.75).