

Leisure Attitude Measure (LAM)

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Pop	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	<p>Cognitive: What the client “thinks” about leisure</p> <ul style="list-style-type: none"> • 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 <p>Affective: How does the client “feel” about his/her leisure experiences</p> <ul style="list-style-type: none"> • Evaluation of his/her leisure experiences/activities • Liking of those experiences and activities • Immediate and direct feelings toward leisure experiences <p>Behavioral: The person’s “intentions” to engage in leisure</p> <ul style="list-style-type: none"> • Verbalized behavioral intentions toward leisure choices and activities, and on self-reports of current and past participation 	<p>Scale</p> <p>1 = never true 2 = seldom true 3 = somewhat true 4 = often true 5 = always true</p> <p>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:</p> <p>Cognitive: education about the need for leisure in society and one’s life</p> <p>Affective: provision of positive experiences related to interests, values, needs</p> <p>Behavioral: education about the importance of leisure activities for improving quality of life</p>	<p>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.</p>

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 SOMEWHAT TRUE	4 OFTEN TRUE	5 ALWAYS TRUE
<u>2</u>	1. Engaging in leisure activities is a wise use of time.	<u>3</u>	21. I consider it appropriate to engage in leisure activities frequently.	
<u>3</u>	2. Leisure activities are beneficial to individuals and society.	<u>3</u>	22. I feel that the time I spend on leisure activities is not wasted.	
<u>3</u>	3. People often develop friendships in their leisure.	<u>3</u>	23. I like my leisure activities.	
<u>2</u>	4. Leisure activities contribute to one's health.	<u>2</u>	24. My leisure activities absorb or get my full attention.	
<u>2</u>	5. Leisure activities increase one's happiness.	<u>2</u>	25. I do leisure activities frequently.	
<u>1</u>	6. Leisure increases one's work productivity.	<u>2</u>	26. Given a choice I would increase the amount of time I spend in leisure activities.	
<u>3</u>	7. Leisure activities help to renew one's energy.	<u>3</u>	27. I buy goods and equipment to use in my leisure activities as my income allows.	
<u>2</u>	8. Leisure activities can be a means for self-improvement.	<u>4</u>	28. I would do more new leisure activities if I could afford the time and money.	
<u>3</u>	9. Leisure activities help individuals to relax.	<u>1</u>	29. I spend considerable time and effort to be more competent in my leisure activities.	
<u>3</u>	10. People need leisure activities.	<u>2</u>	30. Given a choice I would live in an environment or city which provides for leisure.	
<u>3</u>	11. Leisure activities are good opportunities for social contacts.	<u>3</u>	31. I do some leisure activities even when they have not been planned.	
<u>2</u>	12. Leisure activities are important.	<u>1</u>	32. I would attend a seminar or a class to be able to do leisure activities better.	
<u>4</u>	13. When I am engaged in leisure activities, the time flies.	<u>1</u>	33. I support the idea of increasing my free time to engage in leisure activities.	
<u>4</u>	14. My leisure activities give me pleasure.	<u>1</u>	34. I engage in leisure activities even when I am busy.	
<u>4</u>	15. I value my leisure activities.	<u>1</u>	35. I would spend time in education and preparation for leisure activities.	
<u>4</u>	16. I can be myself during my leisure.	<u>1</u>	36. I give my leisure high priority among other activities.	
<u>4</u>	17. My leisure activities provide me with delightful experiences.			
<u>3</u>	18. I feel that leisure is good for me.			
<u>2</u>	19. I like to take my time while I am engaged in leisure activities.			
<u>3</u>	20. My leisure activities are refreshing.			

Patient's Name	Physician	Admit #	Room/Bed
SAMPLE			
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$$\begin{aligned} \text{Cognitive} &= 1-12/12 = 27/12 = 2.25 \\ \text{Affective} &= 13-24/12 = 39/12 = 3.25 \\ \text{Behavioral} &= 25-36/12 = 21/12 = 1.75 \end{aligned}$$

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).