# Leisure Motivation Scale (LMS)

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<th>Time</th>
<th>Purpose</th>
<th>Measures</th>
<th>Scoring</th>
<th>Notes</th>
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<tbody>
<tr>
<td>Moderate to no cognitive disability, IQ 80 or higher, mental age of 12 or older, Rancho 7 or higher, mild to no orientation disability</td>
<td>~ 10 mins</td>
<td>To measure a client’s motivation for engaging in leisure activities</td>
<td>Intellectual: The extent to which individuals are motivated to engage in leisure activities which involve substantial mental activities such as learning, exploring, discovering, creating, or imagining. Social: The extent to which individuals engage in leisure activities for social reasons. This component includes two basic needs. The first is the need for friendship and interpersonal relationships, while the second is the need for the esteem of others. Competence-Mastery: The extent to which individuals engage in leisure activities in order to achieve, master, challenge, and compete. The activities are usually physical in nature. Stimulus-Avoidance: The extent to which individuals engage in leisure as a way to escape and get away from overstimulation life situations. It is the need for some individuals to avoid social contacts, to seek solitude and calm conditions; for others it is to seek rest and to unwind themselves.</td>
<td>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 for a component score. The highest possible score for each component is a 60. Component with highest score = 1º motivator for leisure activity engagement Component with lowest score = least motivating force for leisure activity engagement A very low score may indicate that those kinds of motivators actually cause a person to AVOID the leisure activity</td>
<td>RT assessment tool. Used in a variety of settings to determine what motivates a person to participate in leisure activities. Helpful when trying to increase activity attendance/participation in residential settings. If working in a rehab setting, clients are more likely to actively engage in activities that are intrinsically motivating resulting in better functional outcomes. For example, if a person is motivated by social activities and you need to work on standing tolerance then treating two clients within the same treatment session might motivate the person to engage in the therapeutic activity moreso resulting in better functional outcomes (standing longer). Motivators can also be paired up with healthy behaviors to promote continued engagement. For example, if a person is motivated to participate in activities that are stimulus-avoidance then you would want to explore physical activities that allow for this (e.g., swimming, treadmill with earphones) rather than group exercise activities (e.g., aquatic therapy groups or group biking) because the person will be less likely to engage or continue engagement. Reengagement in healthy behaviors will benefit the client’s health, which is what RT aims to do. NOTE: Doesn’t include all meaning. For example, missing freedom/autonomy, identity, power/control, etc.</td>
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LEISURE MOTIVATION SCALE (LMS)

PURPOSE: The purpose of this scale is to help the patient and the therapist work together to find out, in part, why the patient chooses to engage in leisure activities.

DIRECTIONS: Listed below are 48 statements. Each one begins with the phrase: “One of my reasons for engaging in leisure activities is …” 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 your situation.

DEFINITION: “Leisure Activities” are those things that you do that are not part of your work and are not part of your basic grooming needs.

<table>
<thead>
<tr>
<th>NEVER TRUE</th>
<th>SELDOM TRUE</th>
<th>SOMEWHAT TRUE</th>
<th>OFTEN TRUE</th>
<th>ALWAYS TRUE</th>
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One of my reasons for engaging in leisure activities is...

1. to expand my interests
2. to seek stimulation
3. to make things more meaningful for me
4. to learn about things around me
5. to satisfy my curiosity
6. to explore my knowledge
7. to learn about myself
8. to expand my knowledge
9. to discover new things
10. to be creative
11. to be original
12. to use my imagination
13. to be with others
14. to build friendships with others
15. to interact with others
16. to develop close friendships
17. to meet new and different people
18. to help others
19. so others will think well of me for doing it
20. to reveal my thoughts, feelings, or physical skills to others
21. to influence others
22. to be socially competent and skillful
23. to gain a feeling of belonging
24. to gain other’s respect
25. to get a feeling of achievement
26. to see what my abilities are
27. to challenge my abilities
28. because I enjoy mastering things
29. to be good in doing them
30. to improve skill and ability in doing them
31. to compete against others
32. to be active
33. to develop physical skills and abilities
34. to keep in shape physically
35. to use my physical abilities
36. to develop my physical fitness
37. to be in a calm atmosphere
38. to avoid crowded areas
39. to slow down
40. because I sometimes like to be alone
41. to relax physically
42. to relax mentally
43. to avoid the hustle and bustle of daily activities
44. to rest
45. to relieve stress and tension
46. to do something simple and easy
47. to structure my time
48. to get away from the responsibilities of my everyday life

SAMPLE

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<th>Patient’s Name</th>
<th>Admit #</th>
<th>Room/Bed</th>
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A = Intellectual = 27
B = Social = 30
C = Competence-Mastery = 20
D = Stimulus-Pace = 49

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Admit # Room/Bed
Narrative Summary of Findings

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

Results from the Leisure Motivation Scale (LMS) indicate pt is motivated to predominantly engage in leisure activities that allow the pt to escape, get away from over stimulating life situations, and seek solitude and calm conditions (Stimulus-Avoidance =49), followed by activities that promote friendship and esteem from others (Social =30) and activities that promote learning, exploring, discovering, creating, or imagining (Intellectual = 27). Interestingly, the pt received a very low LMS score (Competence-Mastery = 20) for activities that require challenges and competition indicating that this is not a motivator for leisure participation and may actually cause the pt to avoid the activity.