

Leisure Motivation Scale (LMS)

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Pop	Time	Purpose	Measures	Scoring	Notes
Moderate to no cognitive disability, IQ 80 or higher, mental age of 12 or older, Rancho 7 or higher, mild to no orientation disability	~ 10 mins	To measure a client's motivation for engaging in leisure activities	<p>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</p> <p>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.</p> <p>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.</p> <p>Stimulus-Avoidance: The extent to which individuals engage in leisure as 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.</p>	<p>Scale (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 for a component score. The highest possible score for each component is a 60.</p> <p>Component with highest score = 1^o motivator for leisure activity engagement</p> <p>Component with lowest score = least motivating force for leisure activity engagement</p> <p>A very low score may indicate that those kinds of motivators actually cause a person to AVOID the leisure activity</p>	<p>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.</p> <p>NOTE: Doesn't include all meaning. For example, missing freedom/autonomy, identity, power/control, etc.</p>

LMS Completed Example

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.

1	2	3	4	5
NEVER TRUE	SELDOM TRUE	SOMEWHAT TRUE	OFTEN TRUE	ALWAYS TRUE

One of my reasons for engaging in leisure activities is...

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

Patient's Name	Physician	Admit #	Room/Bed
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A = Intellectual = 27

B = Social = 30

C = Competence-Mastery = 20

D = Stimulus Avoidance = 49

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.