

Leisure Satisfaction Measure (LSM)

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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	5-10 mins	To measure the degree to which a client perceives his/her general "needs" are being met through leisure	<p>Psychological: Activities bring about a sense of freedom, enjoyment, involvement, and intellectual challenge</p> <p>Educational: Activities are intellectually stimulating and help the person learn things about himself or his surroundings</p> <p>Social: Activities foster rewarding relationships with other people</p> <p>Relaxation: Activities offer relief from the stress and strain of life</p> <p>Physiological: Activities are a means to develop physical fitness, stay healthy, control weight, and otherwise promote well-being</p> <p>Aesthetic: Activities are pleasing, interesting, beautiful, and generally well designed</p>	<p>Scale (1 = almost never true; 2 = seldom true; 3 = somewhat true; 4 = often true; 5 = almost always true).</p> <p>Each component has 4 items. All 4 items are added together and divided by 4.</p> <ul style="list-style-type: none"> Higher scores (4 or 5) indicate an area that is most satisfying about his/her leisure Lower scores (less than 2) indicate an area that is least satisfying about his/her leisure Can all add up the scores for all 24 statements and divide by 24 to indicate overall level of leisure satisfaction 	<p>RT assessment tool. Used in a variety of settings. Used when want to determine what needs the client perceives are being met through leisure. Doesn't include all possible needs but will help you in determining.</p> <p>Domains where leisure satisfaction are low, may indicate a need for engagement in new/different activities in those domains in order to increase satisfaction ratings OR maybe the activities need to be modified in some way.</p> <p>It is important that individuals experience satisfaction in many domains to maintain overall health.</p>

LSM Completed Example

LEISURE SATISFACTION MEASURE (LSM)

Purpose: The purpose of the Leisure Satisfaction Measure is to determine the degree to which you are currently content with your leisure.

Directions: Listed below are 24 statements. To the left of each statement is a line to indicate how true that statement is. A "1" means that the statement is almost 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 almost 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
ALMOST NEVER TRUE	SELDOM TRUE	SOMEWHAT TRUE	OFTEN TRUE	ALMOST ALWAYS TRUE

- 5 1. My leisure activities are very interesting to me.
- 5 2. My leisure activities give me self-confidence.
- 5 3. My leisure activities give me a sense of accomplishment.
- 5 4. I use many different skills and abilities in my leisure activities.
- 3 5. My leisure activities increase my knowledge about things around me.
- 4 6. My leisure activities provide opportunities to try new things.
- 3 7. My leisure activities help me to learn about myself.
- 3 8. My leisure activities help me to learn about other people.
- 2 9. I have social interaction with others through leisure activities.
- 1 10. My leisure activities have helped me to develop close relationships with others.
- 3 11. The people I meet in my leisure activities are friendly.
- 2 12. I associate with people in my free time who enjoy doing leisure activities a great deal.
- 4 13. My leisure activities help me to relax.
- 4 14. My leisure activities help relieve stress.
- 4 15. My leisure activities contribute to my emotional well-being.
- 3 16. I engage in leisure activities simply because I like doing them.
- 2 17. My leisure activities are physically challenging.
- 1 18. I do leisure activities which develop my physical fitness.
- 1 19. I do leisure activities which restore me physically.
- 3 20. My leisure activities help me to stay healthy.
- 4 21. The area or places where I engage in my leisure activities are fresh and clean.
- 3 22. The areas or places where I engage in my leisure activities are interesting.
- 3 23. The areas or places where I engage in my leisure activities are beautiful.
- 3 24. The areas or places where I engage in my leisure activities are well designed.

SAMPLE
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Patient's Name	Physician	Admit #	Room/Bed
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A = Psychological = 5
 B = Educational = 2.6
 C = Social = 2
 D = Relaxation = 3.75
 E = Physiological = 1.75
 F = Aesthetic = 3.25

Narrative Summary of Findings

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

Results from the Leisure Satisfaction Measure (LSM) indicate pt is highly satisfied with the psychological benefits received from leisure engagement (A=5), followed by relaxation benefits (D=3.75), aesthetic benefits (F = 3.25), and educational benefits (B=2.6).

Pt indicated low satisfaction with the social benefits received through leisure (C = 2), and even more so dissatisfied with the physiological benefits received through leisure (E = 1.75).