

Exploring the feasibility of an exercise programme including aerobic and resistance training in people with limited cutaneous systemic sclerosis.

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Appendix D

Physical Activity Enjoyment Scale

Please rate how you feel about the exercise you just completed.

Look at the statement, choose the left or right hand side of the statement that **most** represents how you felt about participating in your recent exercise session, then choose a number on your chosen side to show how much you agree with that statement.

If you don't agree with either side of the statement choose neutral (4).

Only circle one number per statement.

Example: I enjoyed it or I hated it.

If you mainly enjoyed the exercise session you would circle 2.

	Absolutely agree	Mainly agree	Somewhat agree	Neutral	Somewhat agree	Mainly agree	Absolutely agree	
	1	2	3	4	5	6	7	
I enjoyed it								I hated it
	1	2	3	4	5	6	7	
I felt bored								I felt interested
	1	2	3	4	5	6	7	
I disliked it								I liked it
	1	2	3	4	5	6	7	
I found it pleasurable								I found it unpleasurable
	1	2	3	4	5	6	7	
It was not fun at all								It was a lot of fun
	1	2	3	4	5	6	7	
I found it energizing								I found it tiring
	1	2	3	4	5	6	7	
It made me depressed								It made me happy
	1	2	3	4	5	6	7	
It was very pleasant								It was very unpleasant

	Absolutely agree	Mainly agree	Somewhat agree	Neutral	Somewhat agree	Mainly agree	Absolutely agree	
	1	2	3	4	5	6	7	
I felt good physically while doing it								I felt bad physically while doing it
	1	2	3	4	5	6	7	
It was very invigorating								It was not at all invigorating
	1	2	3	4	5	6	7	
I was very frustrated by it								I was not at all frustrated by it
	1	2	3	4	5	6	7	
It was very gratifying								It was not at all gratifying
	1	2	3	4	5	6	7	
It was very exhilarating								It was not at all exhilarating
	1	2	3	4	5	6	7	
It was not at all stimulating								It was very stimulating
	1	2	3	4	5	6	7	
It gave me a strong sense of accomplishment								It did not give any sense of accomplishment
	1	2	3	4	5	6	7	
It was very refreshing								It was not at all refreshing
	1	2	3	4	5	6	7	
I felt as though I would rather be doing something else								I felt as though there was nothing else I would rather doing