

**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	
<b>I enjoyed it</b>								<b>I hated it</b>
	1	2	3	4	5	6	7	
<b>I felt bored</b>								<b>I felt interested</b>
	1	2	3	4	5	6	7	
<b>I disliked it</b>								<b>I liked it</b>
	1	2	3	4	5	6	7	
<b>I found it pleasurable</b>								<b>I found it unpleasurable</b>
	1	2	3	4	5	6	7	
<b>It was not fun at all</b>								<b>It was a lot of fun</b>
	1	2	3	4	5	6	7	
<b>I found it energizing</b>								<b>I found it tiring</b>
	1	2	3	4	5	6	7	
<b>It made me depressed</b>								<b>It made me happy</b>
	1	2	3	4	5	6	7	
<b>It was very pleasant</b>								<b>It was very unpleasant</b>

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