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| **About the Measure** |
| **Protocol Id** | 710601 |
| **Domain:** | Tobacco Regulatory Research - Host: Social/Cognitive  |
| **Measure:** | Hedonic Tone or Response to Pleasurable Situations  |
| **Definition:** | A self-report measure to determine anhedonia or an individual’s inability to experience pleasure.  |
| **Purpose:** | This scale is designed to measure the degree to which a person is able to experience pleasure or the anticipation of a pleasurable experience. Anhedonia can serve as a baseline, trait-like variable, as well as a state that can be influenced by tobacco use.  |
| **Essential PhenX Protocols:** |  |
| **Related PhenX Protocols:** | Personality Traits [121101]Disinhibiting Behaviors - Impulsivity - Adolescent and Adult [180401]Disinhibiting Behaviors - Impulsivity - Child [180402]Response Inhibition (Go/NoGo Task) [530701]  |
| **Measure Release Date:** | February 20, 2015  |

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| **About the Protocol** |
| **Protocol Release Date:** | February 20, 2015  |
| **Protocol Review Date:** | February 20, 2015  |
| **PhenX Protocol Name:** | Hedonic Tone or Response to Pleasurable Situations  |
| **Protocol Name From Source:** | The Snaith-Hamilton Pleasure Scale (SHAPS)  |
| **Protocol Availability:** | Available  |
| **Keywords:** | personality; anhedonia; emotion regulation; emotions; pleasure; depression; pleasurable acts; withdrawal; affect; reward value  |
| **Description:** | The Snaith-Hamilton Pleasure Scale (SHAPS) is a self-administered, paper-and-pencil questionnaire with 14 items assessing four domains of pleasure response/hedonic experience: interest/pastimes, social interaction, sensory experience, and food/drink. |
| **Specific Instructions:** | The work group acknowledges this protocol is in English (United Kingdom) and recommends adjusting for English (United States) as needed. |
| **Protocol:** | This questionnaire is designed to measure your ability to experience pleasure in the last few days. It is important to read each statement very carefully. Tick one of the boxes [ ] to indicate how much you agree or disagree with each statement.1. I would enjoy my favourite television or radio programme:[ ] Strongly disagree[ ] Disagree[ ] Agree[ ] Strongly agree2. I would enjoy being with my family or close friends:[ ] Definitely agree[ ] Agree[ ] Disagree[ ] Strongly disagree3. I would find pleasure in my hobbies and pastimes:[ ] Strongly disagree[ ] Disagree[ ] Agree[ ] Strongly agree4. I would be able to enjoy my favourite meal:[ ] Definitely agree[ ] Agree[ ] Disagree[ ] Strongly disagree5. I would enjoy a warm bath or refreshing shower:[ ] Definitely agree[ ] Agree[ ] Disagree[ ] Strongly disagree6. I would find pleasure in the scent of flowers or the smell of a fresh sea breeze or freshly baked bread:[ ] Strongly disagree[ ] Disagree[ ] Agree[ ] Strongly agree7. I would enjoy seeing other people’s smiling faces:[ ] Definitely agree[ ] Agree[ ] Disagree[ ] Strongly disagree8. I would enjoy looking smart when I have made an effort with my appearance:[ ] Strongly disagree[ ] Disagree[ ] Agree[ ] Strongly agree9. I would enjoy reading a book, magazine or newspaper:[ ] Definitely agree[ ] Agree[ ] Disagree[ ] Strongly disagree10. I would enjoy a cup of tea or coffee or my favourite drink:[ ] Strongly disagree[ ] Disagree[ ] Agree[ ] Strongly agree11. I would find pleasure in small things, e.g., bright sunny day, a telephone call from a friend:[ ] Strongly disagree[ ] Disagree[ ] Agree[ ] Strongly agree12. I would be able to enjoy a beautiful landscape or view:[ ] Definitely agree[ ] Agree[ ] Disagree[ ] Strongly disagree13. I would get pleasure from helping others:[ ] Strongly disagree[ ] Disagree[ ] Agree[ ] Strongly agree14. I would feel pleasure when I receive praise from other people:[ ] Definitely agree[ ] Agree[ ] Disagree[ ] Strongly disagreeScoring: Either of the Disagree responses receives a score of 1 and either of the Agree responses receives a score of 0. The SHAPS is scored as the sum of the 14 items so that total scores ranged from 0 to 14. A higher total SHAPS score indicated higher levels of anhedonia. A cut-off score of 2 provides the best discrimination between "normal" and "abnormal" level of hedonic tone. |
| **Selection Rationale:** | Anhedonia, the inability to experience pleasure in normally pleasurable acts, is associated with smoking cessation outcomes. Emotional regulation, and specifically anhedonia, may be a core dimension of depression that is associated with cessation failure. Further, animal studies have implicated anhedonia in response to drug withdrawal, and it is linked to drug self-administration. |
| **Source:** | Snaith, R. P., Hamilton, M., Morley, S., Humayan, A., Hargreaves, D., & Trigwell, P. (1995). A scale for the assessment of hedonic tone the Snaith-Hamilton Pleasure Scale. *British Journal of Psychiatry*, *167*(1), 99-103. |
| **Language** | English  |
| **Participant:** | Adults 18 and older; not valid with the blind. |
| **Personnel and Training Required:** | None |
| **Equipment Needs:** | None |
| **Standards** |  |
| **General References:** | Dawkins, L., Powell, J. H., Pickering, A., Powell, J. & West, R. (2009). Patterns of change in withdrawal symptoms, desire to smoke, reward motivation and response inhibition across 3 months of smoking abstinence. *Addiction, 104*, 850-858.Dawkins, L., Powell, J. H., West, R., Powell, J., & Pickering, A. (2006). A double-blind placebo controlled experimental study of nicotine: I-Effects on incentive motivation. *Psychopharmacology, 189*, 355-367.Leventhal, A. M., Chasson, G. S., Tapia, E., Miller, E. K., & Pettit, J. W. (2006). Measuring hedonic capacity in depression: A psychometric analysis of three anhedonia scales. *Journal of Clinical Psychology, 62*, 1545-1558.Snaith, R. P., Hamilton, M., Morley, S., Humayan, A., Hargreaves, D., & Trigwell, P. (1995). A scale for the assessment of hedonic tone the Snaith-Hamilton Pleasure Scale. *British Journal of Psychiatry, 167*(1), 99-103. |
| **Mode of Administration:** | Self-administered questionnaire  |
| **Derived Variables:** | None |
| **Requirements:** |

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| **Requirement Category** | **Required (Yes/No)** |
| **Major equipment** | No |
| **Specialized training** | No |
| **Specialized requirements for biospecimen collection** | No |
| **Average time of greater than 15 minutes in an unaffected individual** | No |

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| **Annotations for Specific Conditions:** | None |
| **Process and Review:** | Not applicable.  |