

Apathy Evaluation Scale

Client information				
Name:		Date of birth:		
Gender:		Date assessed:		
Instructions				
For each statement, choose the answer that best describes your thoughts, feelings, and activity in the past 4 weeks.				
1 - Not all characteristic 2 - Slightly characteristic 3 - Somewhat characteristic 4 - Very characteristic				
Statement	1	2	3	4
1. I am interested in things.				
2. I get things done during the day.				
3. Getting things started on my own is important to me.				
4. I am interested in having new experiences.				
5. I am interested in learning new things.				
6. I put little effort into anything.				
7. I approach life with intensity.				
8. Seeing a job through to the end is important to me.				
9. I spend time doing things that interest me.				
10. Someone has to tell me what to do each day.				
11. I am less concerned about my problems than I should be.				
12. I have friends.				
13. Getting together with friends is important to me.				
14. When something good happens, I get excited.				
15. I have an accurate understanding of my problems.				
16. Getting things done during the day is important to me.				
17. I have initiative.				
18. I have motivation.				
Total score:				

Remarks

Scoring and interpretation

For clinical purposes, apathy is conceptualized as a pathological construct. Therefore, items are scored so that high scores indicate more apathy, i.e., less motivation. This requires recoding items that are stated with positive (+) or "healthy" syntax.

Therefore, all except 3 items (#6, #10, #11) have to be recoded or reverse-scored. Recoding means changing item codes to 1=4, 2=3, 3=2, 4=1.

Scores range from 18 to 72. Using a criterion of mean + 2 SD. This suggests cutoff scores of 39-41, with higher scores reflecting more apathy.

Note: Clinical correlation suggests that these cutoffs are probably slightly low. This is undoubtedly due, at least in part, to the effect of "volunteerism": individuals who volunteer for a study on apathy probably have higher-than-average motivation compared to the general population.

It should also be noted that the original validation study was performed in a geriatric population. Age and culture are important sources of variance for rating apathy. For these reasons, it is recommended that investigators develop their own norms using this test.