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**California Older Person's Pleasant Events Schedule:  
Manual**

by

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# Nature and Purpose of the COPPES

## Introduction

The California Older Person's Pleasant Events Schedule (COPPES) is an assessment tool that allows the clinician to examine a person's participation in, and enjoyment of, pleasant activities. MacPhillamy and Lewinsohn (1974; 1976; 1982) developed the Pleasant Events Schedule (PES) in which qualitative and quantitative information regarding potentially pleasant events is recorded. The PES is a well-designed and psychometrically sound instrument. However, it is not entirely appropriate for use with older people. Numerous activities are included in which older people may not have much interest. Also, many activities that older people do enjoy are not included.

In response to the need for a brief and clinically applicable assessment for depressed older adults, Hedlund and Gilewski (1980) solicited the assistance of thirty elders to select and adapt items representing activities that older people find pleasant. The resulting instrument, known as the Older Person's Pleasant Events Schedule (OPPES), has been published for use in behavioral therapy with elderly depressed patients (Gallagher & Thompson, 1980). The OPPES includes 66 age-appropriate and mood-related items, and displayed excellent internal consistency in a sample of 208 older adults (Cronbach alpha coefficient = .93 on the Frequency Domain, and .97 on the Pleasure Domain; Hedlund & Gilewski, 1980).

## Changes in the OPPES

The primary purpose of this revision was to make the OPPES more useful for clinical application. A barrier to the clinical use of the individual items of the OPPES is that 66 items are too many to deal with therapeutically. They are also likely to lack individual reliability. On the other hand, a summation of all items in the schedule would be too nonspecific given the individual variation of the interests of people.

Therefore, we aggregated items into *Pleasant Event Facets* that would each reflect reasonably specific classes of activities and events that would be useful in the clinic to identify Domains of activities that clients might enjoy but were not engaging in. Each Facet is associated with a broader Event Domain useful in the clinic to identify general classes of activities that a client might enjoy, even if not self-reported. Event Domains also form the basis of Domains useful for research identifying patterns of activities and their relationship to depression.

In addition, we developed a computer scoring program to simplify and speed the production of an individualized Pleasant Events report for the client. Finally, we revised the response sheet better distribute the questions referring to the several Event Domains.

The redeveloped scale has been named the California Older Person Pleasant Events Scale (COPPES).

## General Characteristics and Intended Uses of the COPPES

The California Older Persons Pleasant Events Schedule comprises:

- a self-report response form with which a client indicates the subjective pleasantness of 66 events and the degree to which they participate in each of them
- a response form and a computer software package with which the clinician aggregates these responses into Event Domains and Facets

- blank charts intended for manual use and computer-generated charts that graphically illustrate the pleasantness of Event Domains and the degree to which the client participates in them

Two basic hypotheses underlying the use of the COPPES are:

- To the extent that people do not anticipate enjoying pleasant events, that is, to the extent they are anhedonic, they more likely to be depressed.
- To the extent that people do not participate in the events that they enjoy, they are more likely to be depressed.

If the latter hypothesis is well-founded, therefore, a goal of behavioral therapy for depression would be to encourage people to participate in the activities that they enjoy. If the former hypothesis is well founded, a goal of cognitive therapy would be to help the individual identify unhelpful thinking that may be contributing to the lack of pleasure and consequent low mood.

In a typical situation, the clinician would give the client a self-report form to fill out at the beginning of a session or at the end of a session for use as “homework.” The completed form is then scored by hand or computer and a normed chart of subjected pleasantness of events and the frequency of engagement is generated. The chart then forms the basis of a session with the client along behavioral or dynamic lines.

The COPPES, as a clinical assessment tool, allows us to examine the positive side of a person's experience, a dimension which generally receives less attention than the negative aspect of a depressed person's behavior or personality. Indeed, Kendall (1983) has emphasized the need to assess positivity and negativity, and Garamoni and Schwartz (1986; Swartz & Garamoni, 1989) include both dimensions in their States of Mind model. Clearly, being able to describe the positive aspects of a person's behavior provides a more comprehensive analysis of functioning in depressed older adults and caregivers. Thus, a psychometrically sound instrument of this kind holds obvious benefits for the clinical assessment of depression as well as for research purposes.

## **Nature of the Event Domains and Facets**

### *Event Domains*

There are 5 Event Domains in the COPPES. Each Event Domain is meant to represent a broad category of pleasant events that can generalize beyond the specific questions asked on the COPPES response form.

*Socializing.* This Event Domain represents pleasant social interaction with people. It includes such activities as making friends, expressing affection, and being kind to people.

*Relaxing.* This Event Domain represents possibly solitary activities with an external focus. It includes such activities as enjoying the sights and sounds of nature, exploring new places, reading, and enjoying music.

*Contemplating.* This Event Domain represents solitary, internally focused activities. It includes such activities as meditating, thinking about self and other peoples, and reminiscing.

*Being Effective.* This Event Domain represents activities that demonstrate, perhaps to others, an individual's competence and effectiveness. It includes such activities as giving advice, being praised by others, doing difficult things, and being needed.

*Doing.* The Event Domain represents activities that demonstrate effectiveness, but more to one's self than *Being Effective*. It includes activities that people usually think of as hobbies or projects.

Event Domain scores for pleasantness and frequency are non-overlapping scales based on 46 of the items on the COPPES. Items were selected to increase the internal consistency of each scale, to minimize the correlation between scales, and to relate to the COPPES Event Facets. More details on the development of the Event Domain scales are given in "Development of the Event Domains of the COPPES" on page 22.

### *Event Facets*

Event Domains are logically subdivided into 24 Event Facets in the COPPES. Each Facet is a non-overlapping subset of the 66 pleasant events in the OPPEs. A COPPES Event Facet is designed to give the clinician specific information about the kinds of event the client finds pleasant. Table 1 displays the Event Facets and the Domains with they are associated.

Table 1. *Association of Pleasant Event Domains and Facets*

Domains	Facets (label)
I. Socializing	Being Affectionate (Af) Being with Friends (Bf) Being Happy with People (Hp) Enjoying Kindly and Friendly Activities (Fa) Making Friends (Mf) Having Conversations (Cv)
II. Relaxing	Enjoying Sights of Nature (Nv) Enjoying Sounds of Nature (Ns) Getting Away (Ga) Enjoying Leisure (Ls) Participating in Cultural Activities (Cl)
III. Contemplating	Feeling Religious (Rg) Reflecting on Self and Others (Rf) Enjoying Peace (Pc) Thinking About Past and Future (Pf)
IV. Being Effective	Giving Advice (Ad) Being Recognized and Appreciated (Rc) Being Needed (Nd) Being Competent (Co) Organizing and Planning (Or)
V. Doing	Shopping (Sh) Baking (Bk) Enjoying Hobbies (Hb) Doing Community Activities (Cm)

Event Facet scores for Pleasantness and Frequency are calculated from the responses submitted by the client. It should be noted that although Event Facets are associated with Event Domains, Facets and Domains are calculated independently. Not all the items included in a Facet are included in the associated Domain.

More details on the development of the Event Facets are given in “Development of the Event Facets of the COPPES” on page 18.

### **Question Format**

As described, the COPPES consists of 66 items assessing the pleasantness and frequency of each of 66 activities. The general instructions for the items are, “This is a list of 66 events that people tend to find pleasant. For each event, make 2 ratings: *How often* did this event happen to you in the past month? 0 = Not at all; 1 = 1-6 times; 2 = 7 or more times. *How pleasant, enjoyable, or rewarding* was this event? If the event did *not* occur, then please rate how pleasant you think it *would have been* if it *had* occurred: 0 = Was not or would not have been pleasant; 1 = Was or would have been somewhat pleasant; 2 = Was or would have been very pleasant.” This questionnaire is self-explanatory, has two sample responses, and is written in large type. It can be given to a client to fill out in the waiting room, during a therapy session, or as homework.

## Use and Interpretation

### COPPES Scoring Assistant

It would be possible, but tedious to score the COPPES by hand. Table 3, Table 4, and Appendix A provide the norms and the Event Domain and Event Facet keys necessary for hand scoring. It is clinically desirable, however, to be able to provide the client with quick feedback. To facilitate this, we have developed the COPPES Scoring Assistant, which runs on Windows compatible platforms. Using the software's graphical interface, it is a relatively quick task to enter the 132 responses to the 66 event questions and to produce a COPPES Report. Detailed instructions are provided with the software, which is available separately.

### COPPES Report

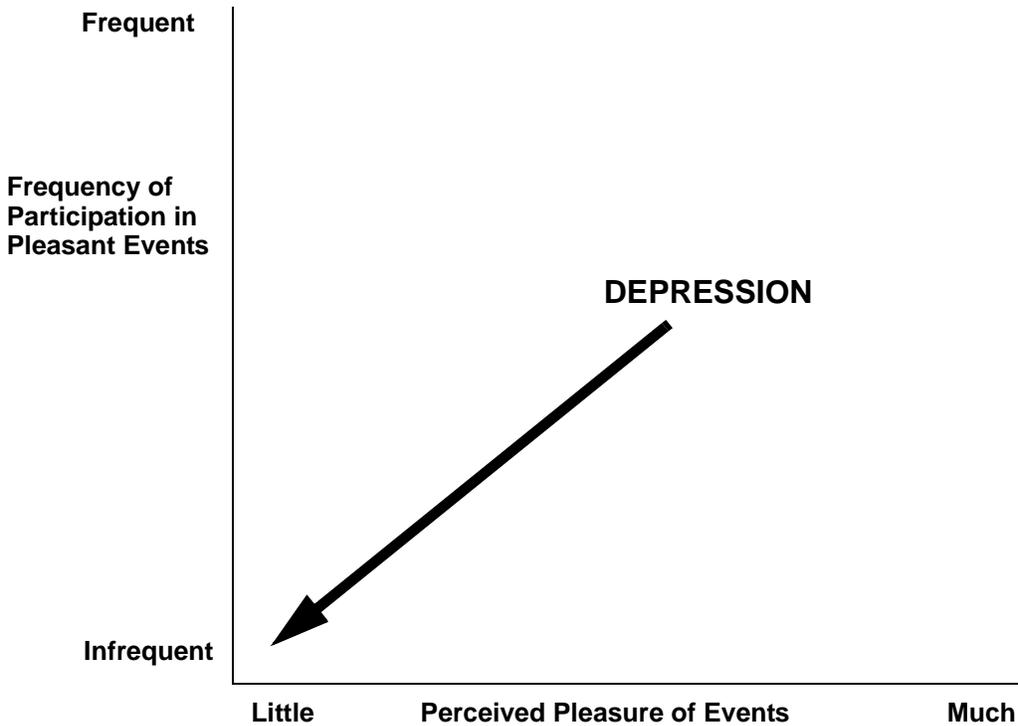
The COPPES Report consists of four parts: an Event Graph, an Event Domain Table, an Event Facet Table, and a Table of Responses. The Event Graph shows, for each of the five Event Domains, standardized values (T values) for pleasure and Frequency. The clinician and the client can, at a glance, comprehend the client's status with respect to pleasant events. These results can be compared to the profiles discussed below in the section "Normative Comparisons" on page 5. The Event Domain table shows the same results in numerical form. This information can serve as the basis for suggesting the types of activities the client might like to engage in.

The Event Facet table displays the Facets of each Domain that the client endorsed on the COPPES form. They provide additional information about the *content* of the responses. This information is useful for suggesting specific activities for the client. They might give a clue to specific activities that the client might enjoy very much, but does not engage in. The reported score is the *average* of the responses for each event in the Facet. Not all events in the Event Facets are included in the Event Domain scales because these events don't generalize well over other events of the same Domain. The Table of Responses shows the actual responses the client gave to each question. This table can be used for a fine-grained analysis of responses as well as for verification of data entry.

The section "Example Cases" on page 10 shows examples of COPPES reports and how they are used.

### Normative Comparisons

In general, lower rates of pleasure and frequency are, as expected, associated with higher levels of depression.



*Figure 1.* Relation of Depression to Perceived Pleasure and Frequency of Participation in Pleasant Events

We identified in our sample several characteristic profiles of pleasant event participation and enjoyment:

- A. Anhedonic.** Gets little or no pleasure out of activities and does little.
- B. Unenthusiastic Nondoer.** Does not perceive much pleasure in activities and does not do much.
- C. Average Nondoer.** Perceives an average amount of pleasure in doing things, but does not do much.
- D. Enthusiastic Nondoer.** Perceives much potential pleasure in activities, but does not do them.
- E. Unenthusiastic Average.** Does not perceive much pleasure in activities, but participates in an average amount.
- F. Average.** Perceives an average pleasure and is participates in an average amount of activities.
- G. Enthusiastic Average.** Perceives pleasure in activities and does an average amount.

**H. Average Doer.** Perceives an average amount of pleasure in activities and does more than an average number of things.

**I. Enthusiastic Doer.** Likes most things, does most things.

On average, people with the “Nondoer” profiles tend to be more depressed than the “Doers” whether or not they might potentially take pleasure in an event. They tend to report loss of interest and decreased time spent in activities, extreme fatigability when they do things, and lack of satisfaction in what they do.

Among the people with Profiles E, F, and G, those who did an average number of things, levels of depression were lower and tended, on average, to be lower for the more enthusiastic profiles. Table 2 shows the percentage of individuals in each profile with BDI scores elevated above 15.

Table 2. *Percent with BDI greater than 15*

	Nondoer	Average	Doer
<b>Unenthusiastic</b>	72 <sup>1</sup>	63	2
<b>Average</b>	81	52	24
<b>Enthusiastic</b>	83	31	13

*Note.1.* Including anhedonic

*Note.2.* Not enough to form profile

### Test Norms

Means and standard deviations on each of the COPPES Event Domains, adjusted for number of items, are presented in Table 3 for the standardization sample.

Table 3. *Event Domain Scale Means, Standard Deviations, and Cronbach's Alphas*

Domain	N	Mean	Std. Deviation	Alpha
Pleasure				
I. Socializing	575	1.62	.36	.81
II. Relaxing	557	1.56	.39	.86
III. Contemplating	552	1.26	.41	.77
IV. Being Effective	579	1.47	.39	.84
V. Doing	561	0.99	.48	.80
Frequency				
I. Socializing	584	1.15	.42	.82
II. Relaxing	573	0.99	.39	.81
III. Contemplating	571	1.13	.36	.63
IV. Being Effective	582	0.95	.42	.82
V. Doing	580	0.48	.35	.69

Table 4 shows the means and standard deviations, together with the number of valid responses, for each of the Facets for the entire sample. The scores are adjusted for the number of ratings within each Facet.

Table 4. *Event Facet Means and Standard Deviations*

Facet	Pleasure			Frequency		
	N	Mean	Std. Dev.	N	Mean	Std. Dev.
<b>I. Socializing</b>						
Being Affectionate (Af)	587	1.75	.40	590	1.27	.61
Being with Friends (Bf)	598	1.62	.47	600	1.30	.55
Being Happy with People (Hp)	596	1.62	.46	598	1.44	.48
Friendly and Kindly Act. (Fa)	593	1.62	.38	594	1.18	.44
Making Friends (Mf)	587	1.40	.55	591	.60	.55
Having a Conversation (Cv)	596	1.45	.49	596	1.18	.51
<b>II. Relaxing</b>						
Enjoying Sights of Nature (Nv)	585	1.66	.40	593	1.25	.47
Enjoying Sounds of Nature (Ns)	595	1.63	.50	597	1.15	.65
Getting Away (Ga)	580	1.54	.51	590	.68	.50
Enjoying Leisure (Ls)	578	1.43	.42	588	1.23	.45
Cultural Activities (Cl)	571	1.38	.52	587	.83	.48
<b>III. Contemplating</b>						
Feeling Religious (Rg)	567	1.20	.58	582	.75	.60
Reflecting on Self & Others(Rf)	579	1.07	.50	588	1.33	.42
Enjoying Peace (Pc)	589	1.48	.54	596	1.33	.54
Thinking Abt. Past and Fut. (Pf)	593	1.59	.45	596	1.15	.55
<b>IV. Being Effective</b>						
Giving Advice (Ad)	595	1.30	.50	598	.96	.52
Recognition and Apprec. (Rc)	588	1.66	.41	590	1.07	.46
Being Needed (Nd)	594	1.57	.50	594	1.03	.60
Being Competent (Co)	587	1.55	.42	590	1.02	.44
Organizing and Planning (Or)	580	1.30	.54	583	1.03	.57
<b>V. Doing</b>						
Shopping (Sh)	578	.98	.57	591	.82	.44
Baking (Bk)	573	.82	.67	590	.39	.50
Enjoying Hobbies (Hb)	576	1.07	.66	591	.47	.52
Community Activities (Cm)	579	1.10	.60	592	.47	.56

## Example Cases

### Case AW

Ms. AW, a 73 year old white divorced female, had been feeling depressed for approximately two years, since she moved to the Mid-Peninsula region from Kansas. Her primary symptoms were dysphoria, insomnia, fatigue, increased appetite and weight gain, suicidal ideation, and pervasive loss of interest. She had moved a number of times since her retirement nine years earlier; this most current move had been planned so she could be near her daughter. Despite enjoying the proximity to her daughter, she had felt increasingly unhappy and hopeless that she would be able to settle in and find meaningful activities and friends in this area.

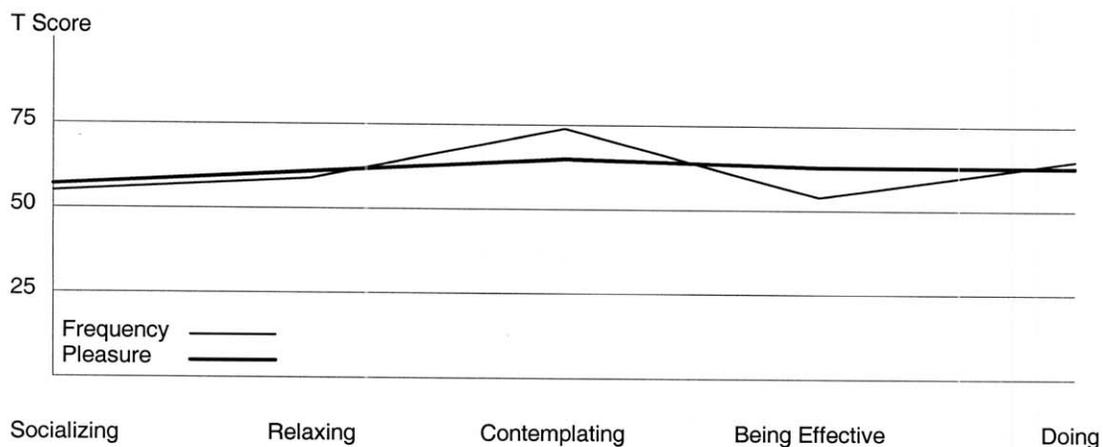
Figure 2 provides the results of the OPPES for Mrs. AW. Two features are noteworthy in these results. First the level of frequency of pleasant activities and the degree of pleasure obtained from them are above the mean T scores for our normative sample in all five areas. This would suggest that the lack of pleasant events or the amount of pleasure obtained from engaging in pleasant activities may not be contributing heavily to her current depressive episode. Rather, one might hypothesize the possibility of unhelpful interpretations of specific life events as making a primary contribution. Thus, learning to monitor thoughts and identify unhelpful interpretations in emotionally laden life events would likely be a useful skill for AW.

Secondly, there was one discrepancy in activities associated with being effective in social situations. The frequency in this area, though relatively high, was one of her lowest, while the pleasure rating for this area was one of her highest. The therapist used this as a starting point in attempting to develop goals for therapy. When Mrs. AW saw her results, she acknowledged that being in a position to help others made her feel good about herself, and that's why she had become a teacher. Further, she agreed that these kind of activities were not as frequent in her life, but that it hadn't seem to matter too much. However, since this latest move, every thing seemed to be bothering her more.

Therapy focused primarily on issues of settling into and becoming involved in a new community. To Mrs. AW, being involved meant making helpful contributions in completing community tasks. During the initial stages of therapy. Making and strengthening social contacts, structuring time, reducing tension, and using her talents in teaching, writing and music were targeted as central concerns on the basis of data gathered.

Therapy also began to focus on the kinds of interpretations she was making of specific activities. As Mrs. AW progressed in monitoring automatic thoughts, she began to see a pattern in which she was pretty demanding and critical of herself, and how this was contributing to her low mood. For example, if a goal of a community organization was not achieved, she often would blame herself, and then use such negative thoughts to build even more negative constructions, such as labeling herself as too old to do things well anymore, etc. This was particularly the case in activities pertaining to her daughter's family.

The remainder of treatment addressed the specific concerns outlined above. By structuring her time, she was able to both explore resources in the community, arrange to have regular contact with peers, and to give sufficient time to explore her other interests. As she learned to develop counter arguments for her unhelpful negative thoughts, she began to enjoy her community activities more. She discovered and was accepted as a member into a rather selective choral group and into a group that works on creative writing skills. She joined a retirement center, a neighborhood church, and a local professional organization. She also contacted the superintendent of schools in her community and arranged to work with exceptional children (her area of specialization) one day per week.



Event Types

Scale	Frequency		Pleasantness	
	Raw T	Raw T	Raw T	Raw T
Socializing	11	55	15	57
Relaxing	16	59	24	61
Contemplating	18	74	16	65
Being Effective	10	54	18	63
Doing	8	65	13	63

Event Groups

Event Groups	Average Responses	
	Frequency	Pleasantness
Socializing		
Being Affectionate	1.8	1.8
Being With Friends	2.0	2.0
Being Happy With People	2.0	2.0
Friendly And Kindly Activities	2.0	2.0
Making Friends	0.0	2.0
Having Conversations	2.0	2.0
Relaxing		
Enjoying Sights Of Nature	2.0	2.0
Enjoying Sounds Of Nature	2.0	2.0
Getting Away	0.0	2.0
Enjoying Leisure	2.0	2.0
Cultural Activities	1.3	2.0
Contemplating		
Feeling Religious	2.0	2.0
Reflecting On Self And Others	2.0	1.3
Enjoying Peace	2.0	2.0
Thinking About Past And Future	2.0	2.0
Being Effective		
Giving Advice	0.0	2.0
Being Recognized and Appreciated	2.0	2.0
Being Needed	0.0	2.0
Being Competent	2.0	2.0
Organizing and Planning	2.0	2.0
Doing		
Shopping	1.5	1.5
Baking	0.0	0.3
Enjoying Hobbies	1.3	1.3
Community Activities	0.0	1.3

Figure 2. Profile of AW

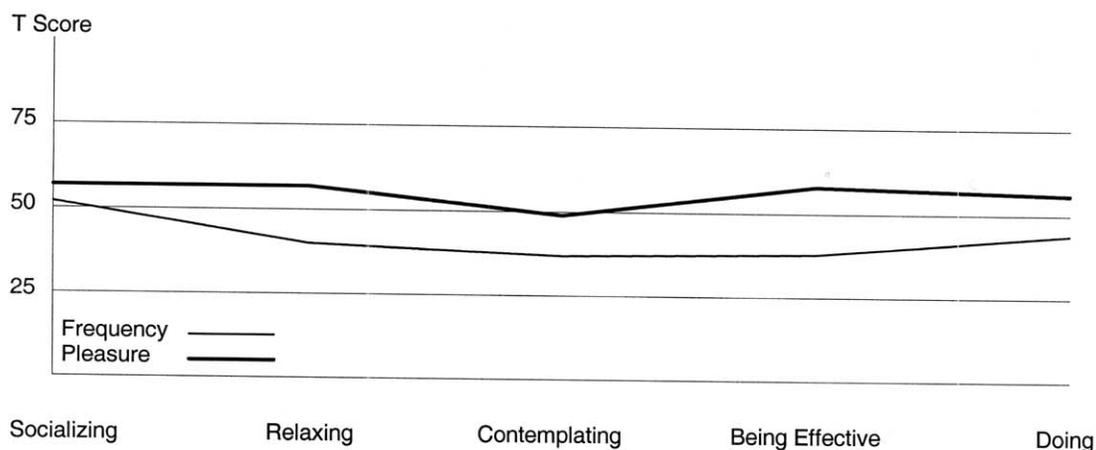
### *Case MK*

Mrs. MK was a 68-year old Caucasian woman who complained of depression saying, "I'm running out of corners to turn." Having retired from teaching approximately one year prior, she informed the intake interviewer that retirement, as well as her age and living alone, were all factors related to her depressed status. She was diagnosed with Major Depressive Disorder, endogenous type.

Mrs. MK worked as an elementary school teacher until her retirement approximately two years prior to therapy. She perceived her retirement as a major loss, especially the loss of contact with the school children. She felt a strong bond with her students. She also felt the loss of her daughter who had moved north. She was close to both her children and described a special relationship with her two-year old granddaughter. She described the pain of her losses as like "someone cut something out of me," and that her daughter and granddaughter "breathe life into me." It was the reaction to her daughter's move that motivated her to seek treatment.

Figure 3 on page 13 shows that Mrs. MK took above-average pleasure in a wide variety of activities, but had below-average frequencies of participation for four of the Event Domains. The greatest discrepancy was in the area of "Being Effective," where she was well below average in frequency despite being well above average in potential pleasure. Although her overall scores on the "Socializing" Event Domain were in the average range, a large discrepancy between frequency and pleasure in the "Making Friends" Event Facet was noted.

At the beginning of therapy there was continuous self-degradation and a persistent negative self-image of a weak, ineffective person. She and the therapist agreed on the following goals for treatment: increase her self-esteem; and increase her social activities. During therapy, Mrs. MK was able to become assertive with others and saw herself as a stronger, more worthwhile individual. By the 16th hour, she noted a significant decrease in her depression and an ability to confront others. In the last hour, she described how she had put her retirement in perspective. She manifested a strong sense of wanting to get more involved and spoke of a career in real estate.



Event Types

Scale	Frequency		Pleasantness	
	Raw T	Raw T	Raw T	Raw T
Socializing	10	52	15	57
Relaxing	7	40	22	57
Contemplating	6	37	10	49
Being Effective	4	38	16	58
Doing	2	44	10	56

Event Groups

Event Groups	Average Responses	
	Frequency	Pleasantness
Socializing		
Being Affectionate	1.3	2.0
Being With Friends	1.5	2.0
Being Happy With People	1.5	2.0
Friendly And Kindly Activities	1.0	1.8
Making Friends	0.0	1.5
Having Conversations	1.0	2.0
Relaxing		
Enjoying Sights Of Nature	0.4	2.0
Enjoying Sounds Of Nature	1.5	1.5
Getting Away	0.3	2.0
Enjoying Leisure	1.3	1.7
Cultural Activities	0.7	1.7
Contemplating		
Feeling Religious	0.0	1.0
Reflecting On Self And Others	0.7	1.0
Enjoying Peace	1.5	1.0
Thinking About Past And Future	0.5	2.0
Being Effective		
Giving Advice	1.0	1.5
Being Recognized and Appreciated	0.7	2.0
Being Needed	0.0	2.0
Being Competent	0.4	1.8
Organizing and Planning	1.5	2.0
Doing		
Shopping	0.3	1.5
Baking	0.0	0.0
Enjoying Hobbies	0.0	1.0
Community Activities	0.7	1.0

Figure 3. Profile of MK

### Case EW

Mr. EW was a 66 year old white male, recently retired from his work as an engineer. He had been in and out of various psychotherapy experiences throughout his life for depression. The typical pattern was for him to display some improvement, but to fail to maintain gains. Mr. EW reported that his current depression began after his retirement, which he had eagerly anticipated. At the intake interview, Mr. EW was diagnosed as Major Depressive Disorder, Probable Endogenous Subtype, superimposed on Chronic Intermittent Depressive Disorder. Mr. EW's primary complaint at the beginning of therapy was his inability to experience pleasure: A second complaint was his increased tension and irritability, which he reported on a daily basis.

Mr. EW was administered the OPPEES. Figure 4 shows the resulting report. Turning first to the five broad activity areas, it is clear the EW's pleasure ratings were substantially below the mean T score in all of them, which is often seen in individuals with a depressive disorder. The frequency of activities, on the other hand was slightly above the mean for three of the areas, Relaxing, Being contemplative and Doing things. He was slightly below the mean T score on Socializing and Activities where he had the sense of Being Effective.

A closer look at the subcategories within each of these two areas revealed several discrepancies worthy of further consideration for treatment planning. For example, within the Socializing area, EW got some pleasure out of being with friends, engaging in friendly and kindly activities and having conversations with others, yet his frequency of engaging in two of these was comparatively lower than in some of the other activity categories in this area. In contrast, his frequency of going out and making new friends was relatively high, but he did not find this to be a particularly enjoyable endeavor.

Looking now at the second major area where frequency was below the mean, a discrepancy between frequency and pleasantness was evident for the activity subcategories of Being Needed and Organizing and Planning. He was not engaging in *any* activities where he has the sense of being needed, yet this was something that he found comparatively more pleasant. On the other hand, the frequency of activities involving organizing and planning events was the highest category in any of the five areas, and his pleasantness ratings for this category was one of the lowest.

Some of these discrepancies were consistent with what one might expect when an individual retires, while others were not. Typically, many professionals value themselves in terms of their productivity and importance in the work setting, and the impact of this transition is often reflected in high pleasure and low frequency ratings in the area of Being Effective, in combination with low pleasure and high frequency ratings in activities associated with relaxing and leisure time. Organizing and planning events are often viewed as pleasant, while many social activities having no productive goal may not be rated highly. EW was more inclined to value his old friendships, and though he enjoyed being needed by others, he was not particularly inclined to be highly active in making that happen. Thus, he found meaningful contacts with others as pleasant, but found the active process of insuring that such contacts occur not all that exciting and maybe even somewhat burdensome. Reviewing these data with EW was extremely helpful in developing a specific list of pleasant activities to track and attempt to increase over time. He did this successfully, which was instrumental in decreasing his level of depression.

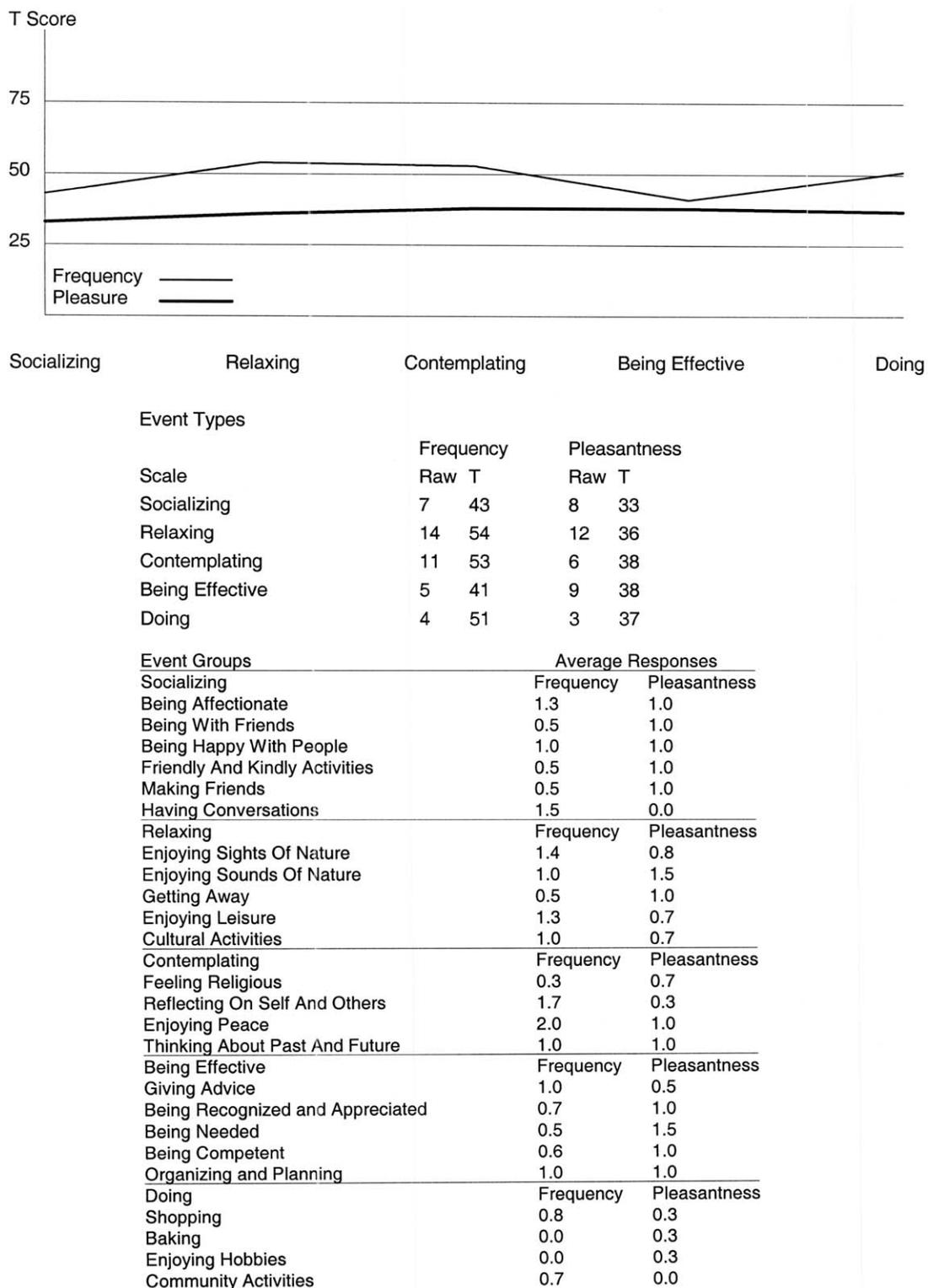


Figure 4. Profile of EW

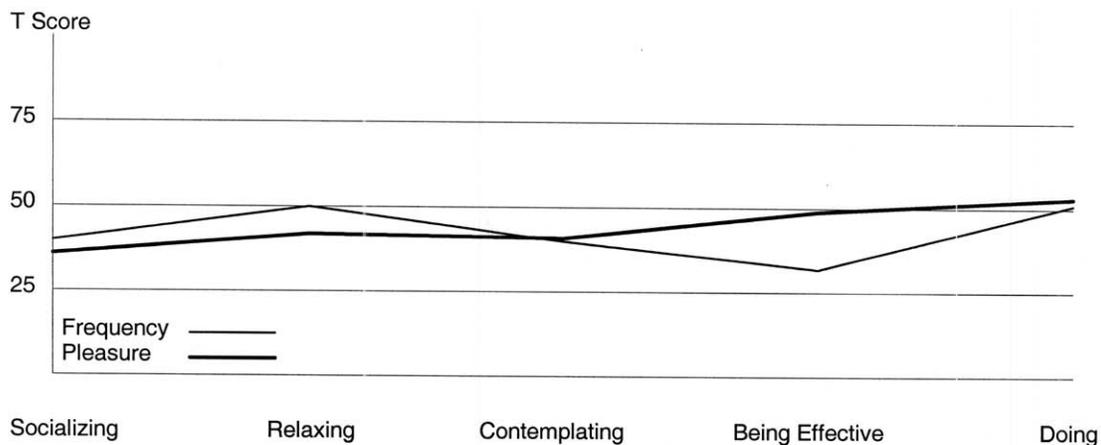
### *Case EB*

Mrs. EB, a 63-year-old white female, sought treatment complaining of feelings of low self-esteem and incompetence, of lethargy, difficulty making decisions, continuous worry about her financial situation, weight loss, sleep disruption, and some passive death wishes. She also reported awakening in the night with a sense of extreme panic, and of fears while driving, walking alone, and in crowds. A structured interview determined that she met the criteria for Major Depressive Disorder, Endogenous Type.

A series of events lead to Mrs. EB's decision to seek treatment. Economic conditions in her field of employment prompted her to change jobs. Difficulties with her new, demanding and critical boss contributed to physical problems with high blood pressure and to her decision (on the advice of her physician) to take a one-year leave of absence from work. While on leave, she fell and broke her hip. The resulting physical difficulties and convalescent period lead to her decision to change her work plans and accept an early retirement. Finally, while in a state of forced immobility, one of her children developed serious financial difficulties and Mrs. EB found that her own circumstances would not permit her to be of as much assistance as she would have liked.

The experience of her fall, extended convalescence, and forced retirement had left Mrs. EB feeling as if her whole identity as a competent and self-reliant adult had been shattered. In the face of the physical evidence of her vulnerability and in the absence of workplace evidence of her competence, she had become increasingly panicked and despairing of her ability to cope. At the same time, this trauma, in association with the ongoing physical, mental, and financial changes associated with increasing age were causing difficulties for her valued self-image and adult role as an independent, hardworking, perfectionistic, and strong person upon whom others could depend but who seldom, if ever, depended upon others. Her physical injury and ongoing loss of physical stamina made it impossible for her to meet her usual housekeeping standards; the experience of her convalescence made her aware of the possibility that she might reach a point in her life when she would be forced to depend upon others for her physical care; her experience of falling made her fearful of a repetition with accompanying embarrassment and need to rely on others; her reduced financial resources and lower earning power made it impossible for her to maintain her role as the main solver of her children's problems.

These issues are reflected in Mrs. EB's OPPEs Report as shown in Figure 5 on page 17. The one Event Domain for which average pleasure was significantly above average frequency was "Being Effective." Her scores for all the Event Facets within this Event Domain also reflect this disparity. In addition, it can be noted that two Event Facets "Making Friends" and "Having Conversations" also pointed to areas in which she could improve her frequency of activity.



Event Types

Scale	Frequency		Pleasantness	
	Raw T	Raw T	Raw T	Raw T
Socializing	6	40	9	36
Relaxing	12	50	15	42
Contemplating	7	40	7	41
Being Effective	2	32	13	49
Doing	4	51	9	53

Event Groups

Event Group	Average Responses	
	Frequency	Pleasantness
Socializing		
Being Affectionate	0.8	1.3
Being With Friends	1.0	1.0
Being Happy With People	1.5	1.0
Friendly And Kindly Activities	1.0	1.0
Making Friends	0.0	1.5
Having Conversations	0.0	1.5
Relaxing		
Enjoying Sights Of Nature	1.2	1.4
Enjoying Sounds Of Nature	0.5	1.0
Getting Away	0.3	1.0
Enjoying Leisure	1.3	1.3
Cultural Activities	1.7	1.3
Contemplating		
Feeling Religious	0.7	1.0
Reflecting On Self And Others	1.3	0.7
Enjoying Peace	0.5	0.5
Thinking About Past And Future	0.0	1.0
Being Effective		
Giving Advice	0.5	1.0
Being Recognized and Appreciated	0.3	1.7
Being Needed	0.5	1.5
Being Competent	0.0	1.4
Organizing and Planning	0.5	1.5
Doing		
Shopping	0.8	1.0
Baking	0.0	0.7
Enjoying Hobbies	0.0	0.7
Community Activities	0.7	0.7

Figure 5. Profile of EB

## Development of Event Facets and Event Domains

### The Normative Sample

Participants were 641 adults residing in California. Personal data for 17 participants were missing. The 624 remaining participants were between the ages of 41 and 89 ( $M = 67$ ,  $SD = 7$ ). Sixty seven percent of the participants were female. The majority of participants (over 90%) were Caucasian; the remainder were of mixed or unknown ethnicity.

The sample was recruited from three sources: outpatients seeking psychotherapy for major or minor depression ( $n=291$ ); caregivers of cognitively or physically impaired older adults living in the community ( $n=78$ ); community elders who volunteered to participate in a behavioral research program ( $n=168$ ); and other ( $n=87$ ).

All subjects were asked to complete the COPPES and BDI in addition to a general questionnaire describing their backgrounds.

Data for the BDI were missing for 51 participants. The BDI scores of the 590 remaining ranged between 0 and 43 ( $M=15.7$ ,  $SD=10.4$ ). Of these participants, 205 had little or no depression ( $BDI < 10$ ), 138 had mild to moderate depression ( $9 < BDI < 19$ ), 184 had moderate to severe depression ( $18 < BDI < 30$ ), and 63 had severe depression ( $29 < BDI$ ).

### Development of the Event Facets of the COPPES

To derive and cross-validate the Facets and Domains of the COPPES, the sample was randomly divided into three subsamples: a) 20% (sample 1,  $N=139$ ) were used for exploratory analysis b) 20% (sample 2,  $N=128$ ) were used for initial cross-validation and Domain modification, and c) the remaining 60% (sample 3,  $N=248$ ) were reserved for final cross-validation. Our initial goal was to identify stable factors for Event Facets that would identify easily understandable preliminary Event Domains. We could then use these preliminary Event Domains to form the basis of scales for five or six homogeneous Event Domains.

The goal of this step was to derive about 20 distinct, coherent, and clinically useful Event Facets or subsets of the OPPEs pleasant events. In this analysis, we used the pleasure ratings for the 66 COPPES items. We reasoned that including the frequency ratings would confound participants' attitudes to activities with their opportunity to engage in these activities.

Using sample 1, we performed complete linkage and average linkage (between groups) cluster analysis of the 66 pleasure items with Pearson product correlation as the proximity measure. We looked at the lowest levels of cluster agglomeration to get Facets consisting of two or three highly correlated items. At this low level of clustering (approximately 20 clusters), there was little difference between the two clustering methods.

We compared the results of the cluster analyses with the factor analysis of the pleasure ratings for all items. In identifying Facets for clinical use, we were looking for factors underlying the pleasure ratings. We were not interested in explaining the sources of variance of the ratings. A technique suitable to this purpose is alpha factor extraction. The alpha extraction assumes that we are sampling 66 out of a universe of items. Because we expected the Event Facets to be correlated, we used promax rotation with  $\kappa = 4$ . This oblique

rotation method does not artificially force the rotated factors to be orthogonal. With a cutoff of 1.0 for the eigenvalues of the factors, we obtained a 19 factor solution. We examined the pattern matrix of this solution for clues to the identity of the underlying factors.

By comparing the results of the cluster and factor analysis, we subjectively assigned each of the 66 ratings to one of 24 clinically oriented Facets. [1] Cronbach's alpha may be used as a measure of the internal consistency of a group of items. Table 5, "Event Facet Alphas," on page 20 shows the resulting alphas for groups of three or more items and the Pearson product correlation coefficient for groups of two items. For comparison, the values later independently calculated for sample 2 [2] and sample 3 [3] are also listed.

We aggregated the frequency ratings into the same Facets that we employed for the pleasure ratings and calculated the alphas for those Facets as well. The alphas of the frequency Facets for the entire sample are shown in the right hand column. [13] We expected that the reliability of the Event Facets for the frequency ratings would be considerably lower than for the pleasure ratings because 1) the Facets were developed based only on the pleasure ratings and 2) the ability to participate in pleasant activities would, because of the influence of opportunity, be less related than the desire to engage in those activities. Given that the majority of the correlations between the frequency items were below .2, we were pleasantly surprised to find that with a few exceptions, the Facets were also coherent for frequency of activity. We consider, therefore, that the Facets are adequate to the clinical use for which they are intended – to serve as a first order characterization of pleasant events.

Table 5. *Event Facet Alphas*

Item	Pleasure			Frequency Entire Samp
	Samp.1	Samp 2	Samp. 3	
Enjoying Sights of Nature (Nv)	.79	.75	.83	.77
1 Looking at clouds				
6 Seeing beautiful scenery				
22 Seeing or smelling a flower or plant				
25 Looking at the stars or moon				
29 Watching a sunset				
Enjoying Sounds of Nature (Ns)	.60 <sup>a</sup>	.65 <sup>a</sup>	.60 <sup>a</sup>	.64 <sup>a</sup>
9 Listening to sounds of nature				
38 Listening to the birds sing				
Shopping (Sh)	.69	.62	.71	.50
5 Shopping				
41 Bargain hunting				
62 Shopping for a new outfit				
Baking (Bk)	.68 <sup>a</sup>	.51 <sup>a</sup>	.66 <sup>a</sup>	.43 <sup>a</sup>
20 Collecting recipes				
33 Baking because I feel creative				
Enjoying Hobbies (Hb)	.51 <sup>a</sup>	.44 <sup>a</sup>	.53 <sup>a</sup>	.26 <sup>a</sup>
47 Arranging flowers				
55 Creative crafts				
Community Activities (Cm)	.57 <sup>a</sup>	.58 <sup>a</sup>	.57 <sup>a</sup>	.56 <sup>a</sup>
13 Doing volunteer work				
27 Working on a community project				
Feeling Religious(Rg)	.72	.64	.64	.65
17 Meditating				
43 Feeling a divine presence				
56 Going to church				
Giving Advice (Ad)	.48 <sup>a</sup>	.37 <sup>a</sup>	.44 <sup>a</sup>	.48 <sup>a</sup>
40 Being asked for help or advice				
45 Giving advice to others based on past experience				
Being Recognized and Appreciated (Rc)	.70	.60	.70	.71
3 Having people show an interest in what I say				
12 Being complemented or told I have done something well				
16 Being praised by people I admire				
Being with Friends (Bf)	.40 <sup>a</sup>	.49 <sup>a</sup>	.60 <sup>a</sup>	.56 <sup>a</sup>
2 Being with friends				
10 Having coffee, tea, etc., with friends				
Being Happy with People (Hp)	.59 <sup>a</sup>	.48 <sup>a</sup>	.52 <sup>a</sup>	.43 <sup>a</sup>
60 Being with happy people				
65 Smiling at people				
Being Needed (Ne)	.57 <sup>a</sup>	.53 <sup>a</sup>	.45 <sup>a</sup>	.59 <sup>a</sup>
26 Being told I am needed				
51 Being needed				

Table 5. *Event Facet Alphas*

Item	Pleasure			Frequency Entire Samp
	Samp.1	Samp 2	Samp. 3	
Being Affectionate (Af)	.79	.82	.81	.87
15 Kissing touching showing affection				
35 Being with someone I love				
44 Expressing my love to someone				
57 Being loved				
Friendly and Kindly Activities (Fa)	.71	.62	.69	.69
19 Seeing good things happen to family or friends				
28 Complementing or praising someone				
32 Amusing people				
48 Helping someone				
Making Friends (Mf)	.61 <sup>a</sup>	.53 <sup>a</sup>	.56 <sup>a</sup>	.65 <sup>a</sup>
39 Making a new friend				
52 Meeting someone new of the same sex				
Reflecting on Self and Others (Rf)	.67	.54	.63	.33
11 Thinking about myself				
30 Thinking about people I like				
63 Taking inventory of my life				
Enjoying Peace (Pc)	.41 <sup>a</sup>	.46 <sup>a</sup>	.45 <sup>a</sup>	.30 <sup>a</sup>
50 Having spare time				
37 Having peace and quiet				
Getting Away	.79	.83	.77	.74
14 Planning trips or vacations				
49 Getting out of the city (to the mountains, seashore, desert)				
53 Exploring new areas				
66 Being near sand, grass, a stream				
Being Competent (Co)	.73	.74	.75	.72
8 Doing a job well				
21 Doing a project my own way				
31 Completing a difficult task				
36 Having an original idea				
54 Having a clean house				
Having Conversations (Cv)	.21 <sup>a</sup>	.55 <sup>a</sup>	.34 <sup>a</sup>	.35 <sup>a</sup>
7 Having a frank and open conversation				
23 Saying something clearly				
Organizing and Planning (Or)	.33 <sup>a</sup>	.49 <sup>a</sup>	.54 <sup>a</sup>	.33 <sup>a</sup>
59 Having a daily plan				
64 Planning or organizing something				
Enjoying Leisure (Ls)	.53	.45	.51	.38
18 Listening to music				
42 Reading magazines				
46 Solving a problem, puzzle, crossword				
Cultural Activities (Cl)	.60	.72	.60	.45
34 Reading literature				
58 Visiting a museum				
61 Listening to classical music				

Table 5. *Event Facet Alphas*

Item	Pleasure			Frequency
	Samp.1	Samp 2	Samp. 3	Entire Samp
Thinking About Past and Future (Pf)	.17 <sup>a</sup>	.44 <sup>a</sup>	.28 <sup>a</sup>	.40 <sup>a</sup>
4 Thinking about pleasant memories				
24 Thinking about something good in the future				

a - pearson product correlation

We anticipated on the basis of the cluster and factor analysis of Sample 1, before calculating the correlations for the entire sample, that there was sufficient structure to the relationships between the Facets to make a meaningful classification of Event Facets into Event Domains.

### Development of the Event Domains of the COPPES

#### *Classifying the Facets of the COPPES*

We proceeded to use exploratory factor analysis to empirically classify the Facets into Domains. To identify stable factors, we used a set of three factor analyses:

- Principle Components with varimax - for a mathematically oriented solution that found the orthogonal basis that would span a space of small dimension that accounted for most of the measured variance of the Facets.
- Principal Axes with promax ( $\kappa = 2$ ) - for a statistically oriented solution that made provision for the unique variance of Facets and that did not force the factors to be strictly orthogonal.
- Alpha factoring with promax ( $\kappa = 4$ ) - for a “psychological” solution that accepted that the Facets were selected from a universe of Facets and that the factors would be nonorthogonal.

We subjected our data to all three types of analyses and attempted to identify “core” Facets that would constitute the basis of reasonably stable factors.

This first analysis with sample 1 suggested that there are five underlying factors that explain the COPPES pleasure Facets.

- factor I: Socializing
- factor II: Relaxing
- factor III: Contemplating
- factor IV: Being effective
- factor V: Doing

A second analysis with sample 2 confirmed this factor structure, but had some differences in the loading of Facets onto factors. *Developing the Event Domain Scales of the COPPES*

Based on the final Domains we developed, we formed five preliminary Event Domain scales, each consisting of the items that were included in the Facets within that Domain. We did a reliability analysis of the five preliminary Domain scales using the combined data of samples 1 and 2. In a series of analyses we removed 13 items that had corrected Domain correlations lower than or nearly equal to their correlation

with another Domain. We were more aggressive about removing items from Domains that were longer to begin with. Several of the items we removed were those that tended to be outliers in the preceding analyses, the rest were highly correlated with too many Domains. The resulting Event Domains had satisfactory reliability. However, Domains I and IV still had a correlation of .70. We therefore removed an additional 4 items from Domain I and 3 items from Domain IV to reduce the correlation between these Domains to .61 in samples 1 and 2 combined. The resulting scales use 46 of the 66 items in the schedule.

## **Reliability**

### *Internal Consistency*

The relevant alpha reliabilities for the resulting Event Domain Measures together with their item composition are presented in Table 6. The alpha values are based on sample 3, which was not used in the development of the measures. [14]

Table 6. *Internal Consistency of Event Domain Measures*

Item	Alpha P	Alpha F
<b>I. Socializing: 8 Items</b>	.81	.82
15 Kissing touching showing affection		
19 Seeing good things happen to family or friends		
28 Complementing or praising someone		
35 Being with someone I love		
39 Making a new friend		
44 Expressing my love to someone		
52 Meeting someone new of the same sex		
65 Smiling at people		
<b>II. Relaxing: 12 items</b>	.86	.81
6 Seeing beautiful scenery		
9 Listening to sounds of nature		
18 Listening to music		
25 Looking at the stars or moon		
29 Watching a sunset		
34 Reading literature		
38 Listening to the birds sing		
49 Getting out of the city (to the mountains, seashore, desert)		
53 Exploring new areas		
58 Visiting a museum		
61 Listening to classical music		
66 Being near sand, grass, a stream		
<b>III. Contemplating: 9 items</b>	.77	.63
4 Thinking about pleasant memories		
11 Thinking about myself		
17 Meditating		
30 Thinking about people I like		
37 Having peace and quiet		
43 Feeling a divine presence		
50 Having spare time		
56 Going to church		
63 Taking inventory of my life		
<b>IV. Being Effective: 9 Items</b>	.84	.82
16 Being praised by people I admire		
21 Doing a project my own way		
26 Being told I am needed		
31 Completing a difficult task		
36 Having an original idea		
40 Being asked for help or advice		
45 Giving advice to others based on past experience		
51 Being needed		
59 Having a daily plan		

Table 6. *Internal Consistency of Event Domain Measures*

Item	Alpha P	Alpha F
<b>V. Doing: 8 Items</b>	.80	.69
13 Doing volunteer work		
20 Collecting recipes		
27 Working on a community project		
33 Baking because I feel creative		
41 Bargain hunting		
47 Arranging flowers		
55 Creative crafts		
62 Shopping for a new outfit		

The Cronbach alphas for three of the Frequency Domains are good to adequate. The alphas for the remaining two are lower, but reasonable considering that the Domains were derived using the pleasure items alone.

### *Test-Retest Reliability*

Two weeks after initial assessment, 61 individuals, 18 of whom were depressed, were asked to complete the COPPES again for reliability purposes, Pearson product-moment correlations were performed to calculate test-retest reliability.

Test-retest reliability was calculated to be .85 on mean Frequency and .87 on mean Pleasure scores.

### *Intercorrelations Among COPPES Event Domains*

Table 7 shows the correlation of the Pleasure Domains with each other. Correlations significant at the .01 level and higher are shown in bold.

Table 7. *Pleasure Domain Correlations*

	BDI	Age	Sex	Edu	I. Social.	II. Relax	III. Contem.	IV. Effect.
BDI	-							
Age		-						
Sex	<b>.141</b>	-.101	-					
Education			<b>-.143</b>	-				
I. Socializing	<b>-.339</b>				-			
II. Relaxing	<b>-.325</b>		<b>.126</b>		<b>.614</b>	-		
III. Contemplating	<b>-.469</b>			<b>-.106</b>	<b>.601</b>	<b>.584</b>	-	
IV. Being Effective	<b>-.273</b>				<b>.658</b>	<b>.610</b>	<b>.564</b>	-
V. Doing	<b>-.205</b>		<b>.262</b>		<b>.510</b>	<b>.587</b>	<b>.542</b>	<b>.509</b>

*Note.* N=457.

*Note.* Listwise deletion of missing data.

*Note.* Only coefficients significant to .05 level (2 tailed) and higher shown.

Table 8 shows similar statistics for the Frequency Domains.

Table 8. *Frequency Domain Correlations*

	BDI	Age	Sex	Edu	I. Social.	II. Relax	III. Contem.	IV. Effect.
BDI	-							
Age		-						
Sex	<b>.152</b>	-.108	-					
Education			<b>-.141</b>	-				
I. Socializing	<b>-.478</b>				-			
II. Relaxing	<b>-.382</b>				<b>.525</b>	-		
III. Contemplating	<b>-.210</b>				<b>.496</b>	<b>.475</b>	-	
IV. Being Effective	<b>-.465</b>			.089	<b>.673</b>	<b>.512</b>	<b>.457</b>	-
V. Doing	<b>-.276</b>		<b>.316</b>		<b>.392</b>	<b>.353</b>	<b>.333</b>	<b>.420</b>

*Note.*N=486.

*Note.*Listwise deletion of missing data.

*Note.*Only coefficients significant to .05 level (2 tailed) and higher shown.

Inspection of correlations shows that all the Pleasure and Frequency Domains are negatively related to BDI score. This result supports the two hypotheses that both the perceived pleasure and the frequency in engaging in pleasant activities are inversely related to depression.

### Validity

To further assess the construct validity of the COPPES, we performed a cluster analysis by case for our sample.

To explore the most effective way to cluster cases, we constructed the following Domain derivatives. For each Event Domain:

- Pleasure Z scores - A transformation of the value of the Pleasure Domain to a Z score
- Frequency Z scores - A transformation of the value of the Frequency Domain to a Z score
- Pleasure-Frequency Deviation scores - The difference between the Z score for Pleasure and the Z score for Frequency
- Crossed Pleasure x Frequency scores - The sum of the product  $p \times f$  of each of the basic Pleasure items of a Domain with its basic Frequency item. (This is Lewinsohn's obtained pleasure variable.)
- Pleasure x Frequency correlation scores - The correlation between the Pleasure items and the Frequency items of a Domain. (This is equivalent to Lewinsohn's X variable centered so that random  $p \times f$  scores would have an average value of 0 and typed so that perfect  $p \times f$  scores would have a maximum value of 1.)

Over a series of cluster analyses we found that Crossed scores were an effective reduction of the Pleasure and Frequency scores, but that such a reduction involved the loss of information. If, on the other hand, the set of Pleasure scores and Frequency scores were taken together with the Crossed scores, there was too great a correlation between the sets.

We tried a series of analyses retaining the Pleasure scores in combination with one or two of the other categories of score. The most interpretable combination for clustering cases seemed to be Pleasure score and Frequency score.

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## Appendix A: Item Content of Event Domains and Facets

This list shows, in a nested form, the item content of Event Domains and Event Facets. Event Facets contain all the items listed. Event Domains contain only those items not in italics. The alpha values were calculated using sample 3. All the Event Facets except two, Bf and Cv, are represented in the Event Domains. The latter two Facets are retained for clinical use.

### I. Socializing: 8 Items

#### **Affection (Af)**

15 Kissing touching showing affection

35 Being with someone I love

44 Expressing my love to someone

*57 Being loved*

#### **Being with friends (Bf)**

*2 Being with friends*

*10 Having coffee, tea, etc., with friends*

#### **Happy with people (Hp)**

*60 Being with happy people*

65 Smiling at people

#### **Friendly and Kindly Activities (Fa)**

19 Seeing good things happen to family or friends

28 Complementing or praising someone

*32 Amusing people*

*48 Helping someone*

#### **Making Friends (Mf)**

39 Making a new friend

52 Meeting someone new of the same sex

#### **Conversation (Cv)**

*7 Having a frank and open conversation*

*23 Saying something clearly*

### II. Relaxing: 12 items

#### **Enjoying Sights of Nature (Nv)**

*1 Looking at clouds*

6 Seeing beautiful scenery

*22 Seeing or smelling a flower or plant*

25 Looking at the stars or moon

29 Watching a sunset

#### **Enjoying Sounds of Nature (Ns)**

9 Listening to sounds of nature

38 Listening to the birds sing

#### **Getting Away (Ga)**

*14 Planning trips or vacations*

49 Getting out of the city (to the mountains, seashore, desert)

53 Exploring new areas

66 Being near sand, grass, a stream

#### **Leisure (Ls)**

18 Listening to music

*42 Reading magazines*

*46 Solving a problem, puzzle, crossword*

#### **Cultural Activities (Cl)**

34 Reading literature

58 Visiting a museum

61 Listening to classical music

### III. Contemplating: 9 items

#### **Religiosity (Rg)**

- 17 Meditating
- 43 Feeling a divine presence
- 56 Going to church

**Reflecting on Self and Others (Rf)**

- 11 Thinking about myself
- 30 Thinking about people I like
- 63 Taking inventory of my life

**Peace (Pc)**

- 37 Having peace and quiet
- 50 Having spare time

**Thinking About Past and Future (Pf)**

- 4 Thinking about pleasant memories
- 24 *Thinking about something good in the future*

**IV. Being Effective: 9 Items**

**Advice (Ad)**

- 40 Being asked for help or advice
- 45 Giving advice to others based on past experience

**Recognition and Appreciation (Rc)**

- 3 *Having people show an interest in what I say*
- 12 *Being complemented or told I have done something well*
- 16 Being praised by people I admire

**Being Needed (Ne)**

- 26 Being told I am needed
- 51 Being needed

**Being Competent (Co)**

- 8 *Doing a job well*
- 21 Doing a project my own way
- 31 Completing a difficult task
- 36 Having an original idea
- 54 *Having a clean house*

**Organizing and Planning (Or)**

- 59 Having a daily plan
- 64 *Planning or organizing something*

**V. Doing: 8 Items**

**Shopping (Sh)**

- 5 *Shopping*
- 41 Bargain hunting
- 62 Shopping for a new outfit

**Baking (Bk)**

- 20 Collecting recipes
- 33 Baking because I feel creative

**Hobbies (Hb)**

- 47 Arranging flowers
- 55 Creative crafts

**Community Activities (Cm)**

- 13 Doing volunteer work
- 27 Working on a community project

## Appendix B: Correspondence Between Old and New Item Numbers

Table 9. *Old to New Items*

Old	New	Old	New	Old	New	Old	New
1	1	18	48	35	29	52	27
2	3	19	9	36	34	53	33
3	2	20	52	37	38	54	61
4	6	21	14	38	42	55	41
5	7	22	16	39	51	56	47
6	10	23	21	40	54	57	55
7	4	24	26	41	59	58	62
8	15	25	57	42	5	59	24
9	8	26	18	43	65	60	30
10	19	27	31	44	64	61	37
11	23	28	36	45	17	62	43
12	28	29	22	46	46	63	50
13	32	30	40	47	49	64	66
14	35	31	11	48	53	65	56
15	39	32	60	49	58	66	63
16	12	33	25	50	13		
17	44	34	45	51	20		

Table 10. *New to Old Items*

New	Old	New	Old	New	Old	New	Old
1	1	18	26	35	14	52	20
2	3	19	10	36	28	53	48
3	2	20	51	37	61	54	40
4	7	21	23	38	37	55	57
5	42	22	29	39	15	56	65
6	4	23	11	40	30	57	25
7	5	24	59	41	55	58	49
8	9	25	33	42	38	59	41
9	19	26	24	43	62	60	32
10	6	27	52	44	17	61	54
11	31	28	12	45	34	62	58
12	16	29	35	46	46	63	66
13	50	30	60	47	56	64	44
14	21	31	27	48	18	65	43
15	8	32	13	49	47	66	64
16	22	33	53	50	63		
17	45	34	36	51	39		

## **Appendix C: COPPES Response Form**



# CALIFORNIA OLDER PERSON'S PLEASANT EVENTS SCHEDULE

Dolores Gallagher-Thompson, Larry W. Thompson, Kenneth L. Rider

Name \_\_\_\_\_ Date \_\_\_\_\_

This is a list of 66 events that people tend to find pleasant. For each event, make 2 ratings:

*How often* did this event happen to you in the past month?

- 0 = Not at all
- 1 = 1-6 times
- 2 = 7 or more times

*How pleasant, enjoyable, or rewarding* was this event?

If the event did *not* occur, then please rate how pleasant you think it *would have been* if it *had* occurred.

- 0 = Was not or would not have been pleasant
- 1 = Was or would have been somewhat pleasant
- 2 = Was or would have been very pleasant

Here are two sample events with the answers properly filled in. Please remember to circle an answer for both HOW OFTEN and HOW PLEASANT for each event.

	HOW OFTEN in the past month?	HOW PLEASANT was it or would it have been?
Please circle ONE number in EACH column for each item	0 = Not at all 1 = 1-6 times 2 = 7 or more times  Circle ONE number	0 = Not pleasant 1 = Somewhat pleasant 2 = Very pleasant  Circle ONE number
A. Winning the lottery	<input checked="" type="radio"/> 0    1    2	0    1 <input checked="" type="radio"/> 2
B. Writing a letter	0 <input checked="" type="radio"/> 1    2	0 <input checked="" type="radio"/> 1    2

## California Older Person's Pleasant Events Schedule

<p>Please circle ONE number in EACH column for each item</p>	<p>HOW OFTEN in the past month?</p> <p>0 = Not at all 1 = 1-6 times 2 = 7 or more times</p> <p>Circle ONE number</p>	<p>HOW PLEASANT was it or would it have been?</p> <p>0 = Not pleasant 1 = Somewhat pleasant 2 = Very pleasant</p> <p>Circle ONE number</p>
1. Looking at clouds	0    1    2	0    1    2
2. Being with friends	0    1    2	0    1    2
3. Having people show an interest in what I say	0    1    2	0    1    2
4. Thinking about pleasant memories	0    1    2	0    1    2
5. Shopping	0    1    2	0    1    2
6. Seeing beautiful scenery	0    1    2	0    1    2
7. Having a frank and open conversation	0    1    2	0    1    2
8. Doing a job well	0    1    2	0    1    2
9. Listening to sounds of nature	0    1    2	0    1    2
10. Having coffee, tea, etc., with friends	0    1    2	0    1    2
11. Thinking about myself	0    1    2	0    1    2
12. Being complemented or told I have done something well	0    1    2	0    1    2

## California Older Person's Pleasant Events Schedule

	HOW OFTEN in the past month?	HOW PLEASANT was it or would it have been?
Please circle ONE number in EACH column for each item	0 = Not at all 1 = 1-6 times 2 = 7 or more times	0 = Not pleasant 1 = Somewhat pleasant 2 = Very pleasant
	Circle ONE number	Circle ONE number
13. Doing volunteer work	0    1    2	0    1    2
14. Planning trips or vacations	0    1    2	0    1    2
15. Kissing, touching, showing affection	0    1    2	0    1    2
16. Being praised by people I admire	0    1    2	0    1    2
17. Meditating	0    1    2	0    1    2
18. Listening to music	0    1    2	0    1    2
19. Seeing good things happen to family or friends	0    1    2	0    1    2
20. Collecting recipes	0    1    2	0    1    2
21. Doing a project my own way	0    1    2	0    1    2
22. Seeing or smelling a flower or plant	0    1    2	0    1    2
23. Saying something clearly	0    1    2	0    1    2
24. Thinking about something good in the future	0    1    2	0    1    2
25. Looking at the stars or moon	0    1    2	0    1    2

## California Older Person's Pleasant Events Schedule

Please circle ONE number in EACH column for each item	HOW OFTEN in the past month?  0 = Not at all 1 = 1-6 times 2 = 7 or more times  Circle ONE number	HOW PLEASANT was it or would it have been?  0 = Not pleasant 1 = Somewhat pleasant 2 = Very pleasant  Circle ONE number
26. Being told I am needed	0   1   2	0   1   2
27. Working on a community project	0   1   2	0   1   2
28. Complimenting or praising someone	0   1   2	0   1   2
29. Watching a sunset	0   1   2	0   1   2
30. Thinking about people I like	0   1   2	0   1   2
31. Completing a difficult task	0   1   2	0   1   2
32. Amusing people	0   1   2	0   1   2
33. Baking because I feel creative	0   1   2	0   1   2
34. Reading literature	0   1   2	0   1   2
35. Being with someone I love	0   1   2	0   1   2
36. Having an original idea	0   1   2	0   1   2
37. Having peace and quiet	0   1   2	0   1   2
38. Listening to the birds sing	0   1   2	0   1   2
39. Making a new friend	0   1   2	0   1   2

## California Older Person's Pleasant Events Schedule

<p>Please circle ONE number in EACH column for each item</p>	<p>HOW OFTEN in the past month?</p> <p>0 = Not at all 1 = 1-6 times 2 = 7 or more times</p> <p>Circle ONE number</p>	<p>HOW PLEASANT was it or would it have been?</p> <p>0 = Not pleasant 1 = Somewhat pleasant 2 = Very pleasant</p> <p>Circle ONE number</p>
40. Being asked for help or advice	0    1    2	0    1    2
41. Bargain hunting	0    1    2	0    1    2
42. Reading magazines	0    1    2	0    1    2
43. Feeling a divine presence	0    1    2	0    1    2
44. Expressing my love to someone	0    1    2	0    1    2
45. Giving advice to others based on past experience	0    1    2	0    1    2
46. Solving a problem, puzzle, crossword	0    1    2	0    1    2
47. Arranging flowers	0    1    2	0    1    2
48. Helping someone	0    1    2	0    1    2
49. Getting out of the city (to the mountains, seashore, desert)	0    1    2	0    1    2
50. Having spare time	0    1    2	0    1    2
51. Being needed	0    1    2	0    1    2
52. Meeting someone new of the same sex	0    1    2	0    1    2

## California Older Person's Pleasant Events Schedule

	HOW OFTEN in the past month?	HOW PLEASANT was it or would it have been?
Please circle ONE number in EACH column for each item	0 = Not at all 1 = 1-6 times 2 = 7 or more times	0 = Not pleasant 1 = Somewhat pleasant 2 = Very pleasant
	Circle ONE number	Circle ONE number
53. Exploring new areas	0    1    2	0    1    2
54. Having a clean house	0    1    2	0    1    2
55. Doing creative crafts	0    1    2	0    1    2
56. Going to church	0    1    2	0    1    2
57. Being loved	0    1    2	0    1    2
58. Visiting a museum	0    1    2	0    1    2
59. Having a daily plan	0    1    2	0    1    2
60. Being with happy people	0    1    2	0    1    2
61. Listening to classical music	0    1    2	0    1    2
62. Shopping for a new outfit	0    1    2	0    1    2
63. Taking inventory of my life	0    1    2	0    1    2
64. Planning or organizing something	0    1    2	0    1    2
65. Smiling at people	0    1    2	0    1    2
66. Being near sand, grass, a stream	0    1    2	0    1    2