

The Persian Checklist of Pleasant Events (PCPE): Development, Validity and Reliability

Sepideh Bakht, MA^{1,2}
Tahereh Mahdavi Haji, MA¹
Ensiyeh Ghasemian Shirvan,
MA¹
Hamed Ekhtiari, MD, PhD^{1,2}

1. Translational Neuroscience Program, Institute for Cognitive Sciences Studies (ICSS), Tehran, Iran
2. Neurocognitive Laboratory, Iranian National Center for Addiction Studies, Tehran University of Medical Sciences, Tehran, Iran

Corresponding author:

Hamed Ekhtiari
Director, Neurocognitive
Laboratory, Iranian National
Center for Addiction Studies,
Tehran University of Medical
Sciences, Tehran, Iran.
Tel: +98 21 55421144
Fax: +98 21 55412232
Email: h_ekhtiari@razi.tums.ac.ir

Objective: Experiencing pleasant events during daily life has a significant positive role in the personal mental health and acts as a keystone for “behavioral activation” (BA) interventions. There are serious differences in the pleasant event schedules in different cultures and countries. We aimed to develop a Persian checklist of pleasant events (PCPE) to provide and validate a culturally compatible checklist for Iranians.

Methods: To develop a checklist of pleasant events, inspired by Pleasant Events Schedule (PES) (MacPhillamy & Lewinsohn, 1982), we held three focused group discussions with 24 normal healthy participants from both genders (female = 12) and asked them to mention as much pleasant events as possible. When the list reached saturation level, the inappropriate items with respect to legal, cultural and religious concerns were omitted. The final checklist of PCPE consists of two subscales: Frequency (frequency of events during last month) and pleasantness (perceived pleasantness of events). The total score consists of frequency multiplied by pleasantness. To test the reliability and validity of the checklist, the PCPE, Depression, Anxiety and Stress Scale (DASS), the Persian version of WHO Quality of Life and the Demographic Questionnaire were administered in a sample of 104 participants (50 male and 54 female).

Results: Frequency, pleasantness and the total scores of PCPE showed high levels of internal consistency (Cronbach's alpha, .976, .976 & .974, respectively). Further support for the convergent validity of the PCPE was obtained via moderate negative correlations with depression, anxiety, stress scores in DASS and positive correlation with quality of life as well as respondent's perceived happiness. There were negative correlations between frequency, pleasantness and total scores and age of the participants (Pearson correlation coefficient, $r = -.194, p < 0.05$; $r = -.270, p < 0.01$ & $r = -.234, p < 0.05$, respectively).

Conclusion: PCPE as an assessment tool has shown to have good reliability and validity among Iranians. Further steps should be taken to validate this instrument in different psychopathologies such as depression, addiction and obesity.

Keywords: Behavioral Activation, Iran, Pleasant Events, Pleasant Events Schedule, Reliability, Validity

Iran J Psychiatry 2015; 10:4: 246-264

Among psychological interventions for depression, “Behavioral Activation” (BA) has a well-known reputation for its effective role. Several recent meta-analyses (1, 2, 3, 4) have comprehensively documented the efficacy of BA treatments for depression. Pleasant Activity Monitoring and Scheduling (PAMS) is identified as one of the core components of BA along with the assessment of life goals and values, skills training, relaxation training, contingency management, procedures targeting verbal behavior, and procedures targeting avoidance (5). Typically, PAMS serves two functions: Providing information on baseline pleasant activity levels and related moods to inform specific activation assignments, and demonstrating the

treatment rationale to the client that there is a meaningful relationship between pleasant activities and mood. In some cases, detailed procedures were also employed to track the relation between activities and mood, including graphs and printouts of the relations that were provided to clients (6).

Nevertheless, different studies have indicated that PAMS could have positive impacts on reduction of different problematic behaviors including smoking (7), binge eating (8), and ruminative thoughts (9) besides facilitations for cognitive restructuring (10, 11) and significant decrease in depressive symptoms (12, 13, 14).

To implement PAMS, different forms of BA e.g. (15, 16, 17, 6) can be used to train the clients to monitor and schedule their pleasant activities, using Pleasant Events Schedule (PES; 18), a comprehensive list of pleasant activities, or its shortened version either alone or in conjunction with more personal schedules .

The original English version of PES contains 320 items as a self-report inventory of the frequency of occurrence and subjective pleasantness of typically pleasant or rewarding events over the last month. Although since its development PES has been used in several fields of study (cited by 307 references, for examples please see: 19-22), it is highly culture-bounded and could be considered out of date 30 years after its development. In this study, we aimed to develop and validate a more updated and culturally compatible checklist of pleasant events, which could be used as a pleasant activity monitoring tool in Iranian population.

Materials and Method

Ethical issues:

The study has been conducted after providing sufficient explanation to the participants and obtaining their informed consent. All data are kept confidential and no person will have access to information except

Participants:

One hundred twenty-eight participants (female: n = 66) were selected from individuals over 18 years of age who lived in Tehran. The mean age of the participants was 32.3 years (SD = 9.08 years). Twenty-four individuals (female = 12) participated in our three focused group discussions (FGDs) (each with 8 participants), and 104 individuals (female = 54) were asked to complete the Persian Checklist of Pleasant Events developed during FGDs. The participants were recruited using snowball and convenience sampling; all participated voluntarily and without compensation after an oral consent. Also, they were assured of the anonymity of the data.

Measures:

Demographic Questionnaire: All Participants were asked to report their demographic data in a researcher-made questionnaire. The required data consisted of age, sex and marital status, number of children, education, job and income. At the end of the demographic questionnaire, the participants were asked two questions: 1. Do you consider yourself as a playful person? (The response options were yes/no); 2. Please rate your happiness on a 0-100 point scale.

Depression Anxiety Stress Scales (DASS): The DASS is a 21-item self-report instrument measuring three main negative emotional states of depression, anxiety, and stress (23). Each of the three subscales consists of seven items; all scored on 0 to 3 scale (range: 0 to 21 for each of the subscales) (23). The Persian version of

the DASS has shown to have good psychometric properties in Iranian population (Sahebi, et. al., 2005). The Persian Version of World Health Organization Quality of Life-BREF (WHOQOL-BREF): To measure quality of life in the sample, WHOQOL-BREF was used. WHOQOL-BREF demonstrated good internal consistency, criterion validity, and discriminant validity (24).

The Persian Checklist of Pleasant Events Schedule (PCPE): In this study, the Persian version of Pleasant Events Schedule was developed and administered. The steps for PCPE development are described in the procedure .

Procedure

First Phase:

In the first phase, we held out three focused group discussions (FGDs) to generate the first list of pleasurable items. We defined the concept of pleasant events on the basis of previous literature (Pleasant Events Schedule, PES; 18). According to this definition, pleasant events were those events and/or activities, which produced a sense of pleasure in the individual. In each FGD, participants were asked to mention as much pleasant event and/or activities they could think of. All of the participants' suggestions were recorded by the researchers on a whiteboard and were then transferred into a word file. During the third FGDs, the generated list, from the data of all three groups, reached the saturation level (i.e., there were no new items to add to the list). Two independent experts were asked to carefully read the items and omit the items which were redundant, ambiguous and inappropriate, not compatible with cultural or religious concerns (for example, getting drunk which is forbidden considering our religious beliefs), and illegal or risky behaviors (for example, taking drugs or driving fast). The remaining 206 items were used in the checklist. Similar to PES, PCPE instructs the individual to rate each item twice, first on a 5-point scale of frequency during the past month, then on a 5-point scale of subjective pleasantness during that month.

Second Phase:

We used qualitative and quantitative measures to evaluate the content validity of our checklist. To ensure the qualitative validity of our checklist, we asked five independent experts (different from the previous experts) to rate our items on wording, scaling and item-allocation. Their feedback revealed that the items had satisfactory quality. In order to assess the content validity quantitatively, we used Waltz & Bausell's (25) Content Validity Index (CVI). To assess CVI, we asked 10 experts (different from the previous experts) to rate our items with respect to relevancy, simplicity and clarity on 4-item Likert format. The CVI index for each item was calculated using the number of items which received scores 3 and 4 by the raters for each item divided by the total number of the items (206). According to Waltz and Bausell (25) indexes equal or

higher than 0.79 are acceptable. All the items received acceptable scores.

In order to estimate the concurrent validity of PCPE, the correlations between PCPE scores and DASS questionnaire and the Iranian version of WHOQOL-BREF were calculated.

In order to determine the reliability of our checklist, internal consistency and half-split methods were used to calculate PCPE's reliability. The Cronbach's alpha coefficients were used to calculate internal consistency. The final checklist of PCPE consisted of 206 items and was administered in a group of 104 participants. Participants were asked to rate the frequency (the frequency of pleasant event occurrence during last month in a five-point Likert format) and the pleasantness (the perceived subjective pleasantness of pleasant events in a five-point Likert format) of each event. We calculated the total score through multiplying the frequency score by pleasantness score for each item. The mean of frequency, pleasantness and total scores for the 206 items for each participant were considered as the final scores for further analysis. The final format of the PCPE plus its English translation as well as self-reported frequency of occurrence and subjective pleasantness of each item is indexed in Appendix 1.

Results

Descriptive Results:

The mean age of the participants was 32.3 years (SD = 8.76 years) with data on age missing for seven participants, and were excluded when calculating the related correlations. Forty-nine participants (47.1%) were married and 50 (48.1%) of them were single, five participants (4.8%) did not answer the marital status question. In response to the question of "Do you consider yourself a playful person?" the answer of 80 (76.9%) participants were "yes", while 19 participants (18.3%) answered "no" to this question; Five participants (4.8%), did not answer the question; 15 participants (14.4%) had no income, and the income of 59 (56.7%) participants was lower than 10,000,000 Rials and 15 (14.4%) participants had an income of more than 10,000,000; and 15 participants (14.4%) did not answer the question about their income.

As a part of data analysis process, the correlations between frequency, pleasantness subscales and the total score of PCPE with demographic data were calculated using the Pearson correlation coefficient (Table 1). There were no significant relationships between frequency, pleasantness and the total scores and participants' income. There were statistically significant negative relationships between frequency, pleasantness and the total scores and age of the participants (Pearson correlation coefficient $r = -.194$, $p < .05$; $r = -.270$, $p < .01$ & $r = -.234$, $p < .05$, respectively).

Reliability Measures:

The Cronbach's alpha coefficient for the total scores of the scale was statistically significant (.974). The Cronbach's alpha for frequency and pleasantness subscales were also statistically significant (.976 and .976, respectively). Half-split coefficients were calculated for the total score of the scale and also for the two subscales. Guttman Split-Half coefficient for the total score of the scale was statistically significant (.905). Guttman Split-Half Coefficients for the frequency subscale was statistically significant (.928). Guttman Split-Half coefficient for the pleasantness subscale was statistically significant (.900).

Validity Measures:

There were statistically significant relationships between the two subscales of PCPE (frequency and pleasantness) (Pearson correlation coefficient $r = .335$, $p < .001$).

The pleasantness subscale had no significant relationship with any of DASS's subscales while there were significant relationships between the total score of PCPE and stress ($r = .214$, $P < .05$) and quality of life (as assessed by WHOQOL-BREF) ($r = .300$, $p < .01$).

There were also significant relationships between PCPE subscales and participants' responses to the question about their perceived percentage of happiness. The perceived percentage of participants' happiness had a significant positive correlation with the frequency and total scores of PCPE ($r = .360$, $p < .01$ and $r = .373$, $p < .01$, respectively). There were also significant positive relationships between participants' response to the question that whether they considered themselves as a playful person or not and the frequency and total scores of PCPE ($r = .318$, $p < .01$ and $r = .329$, $p < .01$, respectively).

In order to find the most and least frequently happened events, we sorted the event on the basis of their frequency in our sample. The five most frequently happened events were as follows: Bathing or taking a shower, eating a good meal, wearing clean clothes, thinking about something good in the future and thinking about the person they liked. The five least happened events were as follows: Pottery, carpet weaving, swimming in a river, crocheting, embroidery, or fancy needle work and playing paintball .

Moreover, we sorted the events on the basis of their pleasantness according to the responses of the participants. The five most pleasant events according to the opinion of the participants were as follows: Completing a difficult task, wearing clean clothes, laughing, eating a good meal, and breathing in a clean air. They also rated these five events as the least pleasant: Crocheting, embroidery, or fancy needle work, weaving, carpet weaving, exchanging Bluetooth files and sewing.

The ranks of each item among all of the items (when sorted in terms of the pleasantness of the item in the study's sample) and the frequency of each response in the sample (N = 104) are reported in Index 1.

Table 1: Correlations of Frequency, Pleasantness, Total scores of PCPE with Demographic and Psychological Data

	Playful	% of Happiness	Stress	Depression	Anxiety	Quality of Life	Age	Income
Total								
Correlation	.329**	.373**	-.214*	-.165	-.013**	.300**	-.234**	-.133**
Sig. (2tailed)	.001	.000	.029	.094	.893	.002	.017	.180
Frequency								
Correlation	.318**	.360**	-.171	-.056**	.104	.218**	.194**	-.117**
Sig. (2tailed)	.001	.000	.083	.570	.294	.026	.048	.236
Pleasantness								
Correlation	.154	.130	-.099	-.131**	-.096**	.131	.270	-.046
Sig. (2tailed)	.119	.188	.317	.186	.330	.185	.006	.645

Discussion

The aim of this study was to develop and validate the psychometric properties of the Persian Checklist of Pleasant Event Schedule (PCPE). As shown in the present study, newly developed PCPE has good psychometric properties. To our best knowledge, PCPE could be considered as the first instrument in its type in Persian. The results with PCPE are largely consistent with those of previous research with the original English version of the PES e.g. (18). For example, the relationship between pleasant events (as reported by PES which is the most similar schedule to our checklist) and mood changes has been established by previous research (26). Grosscup and Lewinsohn (1980) investigated the relationships between the daily occurrence of aversive events, depressed mood, and enjoyment of pleasant events (assessed by PES) in a sample of 21 depressed patients. They found significant relationships between depressed mood and unpleasant events, and between unpleasant events and

pleasurableness of pleasant events. Moreover, Wilkinson (1993) found a significant role for pleasant event frequency in daily life in the development of depression. Whisman, Johnson, & Rhee (27) also evaluated genetic and environmental influences on the experience of pleasant events (evaluated by PES (18), depressive symptoms, and their covariation in a sample of 148 twin pairs. Their results indicated that the experience of pleasant events was moderately heritable and that the same genetic factors influence both the experience of pleasant events and depressive symptoms. The PCPE's convergent validity was additionally confirmed by the statistically significant relationships of PCPE's total scores and subscales with respondents' quality of life and stress. This study also revealed a significant relationship between respondents' perceived amount of happiness and whether they consider themselves as a playful person and the subscales and

the total score of PCPE. The participants' response to these questions had also negative and significant correlations with depression, anxiety and stress and a positive significant relationship with quality of life which has been supported by previous literature (28). This result is consistent with published studies, which confirmed the relationship between positive events and quality of life e.g. (29).

Limitations and suggestions

One of the limitations of this study was that our respondents were selected from the community via sub-optimal sampling methods (snowball and convenience sampling). This limitation lowers the potential for generalization of the present findings.

Finally, one should keep in mind that self-report questionnaires like the PCPE do not assess actual behavior, but rather the personal report of the behavior, which may be influenced heavily by depression or depressed mood itself.

Since there are no published studies using this kind of checklists for Iranians, we suggest that future research on the PCPE include more heterogeneous clinical and nonclinical samples. It is also recommended to use the PCPE in future studies, which are based on the models of behavioral activation. While the length of the schedule was criticized by some respondents in this study, it is also recommended to provide a shorter form of PCPE which may have a more applicability in research areas. While it is an established notion that reminiscence of positive memories can have a positive impact on the person's mood, it is also recommended to examine the efficacy of PCPE as a mood induction tool. In sum, we conclude that the PCPE can be recommended for further use by clinicians and behavioral activation researchers.

Conclusion

The findings of this study revealed some significant results, confirming the psychometric properties of our checklist, supporting the notion that this checklist could be used as an instrument in clinical settings to monitor the individual's level of pleasant activities and to suggest several new areas of pleasant activities for behavioral activation purposes. However, compared with the previous literature, the correlations were not satisfactory. These weak correlations could be due to the limitations of the study. Also, since the studies in this area, in which PES has been used as an assessment tool, were mostly done on clinical samples, the reported correlations between indices like stress, anxiety and depression tend to be stronger. The fact that we conducted our study in a non-clinical group may have resulted in lower correlations.

Acknowledgement

This project has been supported by grants received by HE in Iranian National Center for Addiction Studies and Institutes for Cognitive Science Studies. We would like to thank Niloufar Family for the valuable comments and revision of the final manuscript.

Conflict of interest

Authors declared no conflict of interest.

References

1. Cuijpers P, van Straten A, Warmerdam L. Behavioral activation treatments of depression: a meta-analysis. *Clinical psychology review* 2007; 27: 318-326.
2. Ekers D, Richards D, Gilbody S. A meta-analysis of randomized trials of behavioural treatment of depression. *Psychological medicine* 2008; 38: 611-623.
3. Mazzucchelli T, Kane R, Rees C. Behavioral activation treatments for depression in adults: a meta-analysis and review. *Clinical Psychology: Science and Practice* 2009; 16: 383-411.
4. Chartier IS, Provencher MD. Behavioural activation for depression: Efficacy, effectiveness and dissemination. *Journal of affective disorders* 2013; 145: 292-299.
5. Kanter JW, Santiago-Rivera AL, Rusch LC, Busch AM, West P. Initial outcomes of a culturally adapted behavioral activation for Latinas diagnosed with depression at a community clinic. *Behavior modification* 2010; 34: 120-144.
6. Zeiss AM, Lewinsohn PM, Munoz RF. Nonspecific improvement effects in depression using interpersonal skills training, pleasant activity schedules, or cognitive training. *Journal of consulting and clinical psychology* 1979; 47: 427-439.
7. McFall RM. Effects of self-monitoring on normal smoking behavior. *Journal of consulting and clinical psychology* 1970; 35: 135-142.
8. Latner JD, Wilson GT. Self-monitoring and the assessment of binge eating. *Behavior Therapy* 2002; 33: 465-477.
9. Frederiksen LW. Treatment of ruminative thinking by self-monitoring. *Journal of Behavior Therapy and Experimental Psychiatry* 1975; 6: 258-259.

10. Hiebert B, Fox E. Reactive effects of self-monitoring anxiety. *Journal of Counseling Psychology* 1981; 28: 187.
11. Rapee RM, Craske MG, Barlow DH. Subject-described features of panic attacks using self-monitoring. *Journal of Anxiety Disorders* 1990; 4: 171-181.
12. Harmon TM, Nelson RO, Hayes SC. Self-monitoring of mood versus activity by depressed clients. *Journal of consulting and clinical psychology* 1980; 48: 30-38.
13. O'Hara MW, Rehm LP. Self-monitoring, activity levels, and mood in the development and maintenance of depression. *Journal of abnormal psychology* 1979; 88: 450-453.
14. Reaven JA, Peterson L. The effects of self-monitoring on activity level and mood in elderly nursing home residents. *Clinical Gerontologist: The Journal of Aging and Mental Health* 1983.
15. Fuchs CZ, Rehm LP. A self-control behavior therapy program for depression. *Journal of Consulting and Clinical Psychology* 1977; 45: 206.
16. Gallagher DE, Thompson LW. Treatment of major depressive disorder in older adult outpatients with brief psychotherapies. *Psychotherapy: Theory, Research & Practice* 1982; 19: 482.
17. Lewinsohn P, Biglan A, Zeiss A. Behavioral treatment for depression. In: Davidson P, ed. by. *Behavioral management of anxiety, depression and pain*. 1st Ed. New York: Brunner/Mazel; 1976.
18. MacPhillamy DJ, Lewinsohn PM. The pleasant events schedule: Studies on reliability, validity, and scale intercorrelation. *Journal of Consulting and Clinical Psychology* 1982; 50: 363-380.
19. Beck J. *Cognitive behavior therapy*. New York: Guilford Press; 2011.
20. Watson D, Tharp R. *Self-directed behavior: Self-modification for personal adjustment*. City: Cengage Learning; 2013.
21. Leahy RL, Holland SJ, McGinn LK. *Treatment plans and interventions for depression and anxiety disorders*. City: Guilford press; 2011.
22. Finan PH, Garland EL. The role of positive affect in pain and its treatment. *The Clinical journal of pain* 2015; 31: 177-187.
23. Lovibond PF, Lovibond SH. The structure of negative emotional states: comparison of the Depression Anxiety Stress Scales (DASS) with the Beck Depression and Anxiety Inventories. *Behaviour research and therapy* 1995; 33: 335-343.
24. Yousefy AR, Ghassemi GR, Sarrafzadegan N, Mallik S, Baghaei AM, Rabiei K. Psychometric properties of the WHOQOL-BREF in an Iranian adult sample. *Community mental health journal* 2010; 46: 139-147.
25. Waltz C, Bausell R. *Nursing research*. Philadelphia: F.A. Davis Co.; 1981.
26. Grosscup SJ, Lewinsohn PM. Unpleasant and pleasant events, and mood. *Journal of Clinical Psychology* 1980; 36: 252-259.
27. Whisman MA, Johnson DP, Rhee SH. A Behavior Genetic Analysis of Pleasant Events, Depressive Symptoms, and Their Covariation. *Clinical psychological science: a journal of the Association for Psychological Science* 2014; 2: 535-544.
28. Armento ME, Hopko DR. The Environmental Reward Observation Scale (EROS): development, validity, and reliability. *Behavior therapy* 2007; 38: 107-119.
29. Zautra AJ, Reich JW. Positive events and quality of life. *Evaluation and program planning* 1981; 4: 355-361.

Index 1

The table below shows the English translation of PCPE's Items and the original items which are presented in Persian. The table also provides the ranks of each item among all of items (when sorted in terms of the pleasantness of the item in study's sample) and frequency of each response in the sample (N=104).

Persian Checklist of Pleasant Events:

Below you are provided with a list of pleasant events and activities which may occur in everyone's life. Please read the list and in the first column indicate that how often these events have happened in your life in the past month. In the next column indicate that how pleasant, enjoyable or rewarding was each event during the past month. If an event has not happened to you during the past month, then rate it according to how much fun you think it would have been.

سیاهه ایرانی روی دادهای خوشایند:

در زیر فهرستی از رویدادها و فعالیت‌های خوشایند را مشاهده می‌کنید که ممکن است در زندگی هر کسی روی دهند. لطفاً فهرست زیر را بخوانید و در ستون اول مشخص نمایید که این فعالیت طی یک ماه گذشته چقدر برای شما اتفاق افتاده است. در ستون دوم مشخص نمایید که این فعالیت‌ها چقدر برای شما خوشایند بوده است. از آنجایی که ممکن است برخی از این فعالیت‌ها برای شما اتفاق نیفتاده باشد، لطفاً تصور کنید که در صورت رخ دادن این اتفاق چقدر خوشایند بود.

Pleasantness میزان خوشایندی					Rank رتبه	Frequency فراوانی در ماه گذشته					Rank رتبه	Events روی دادها	
Very Frequently	Frequently	Occasionally	Rarely	Never		Very Frequently	Frequently	Occasionally	Rarely	Never			
27	31	30	8	3	27	6	9	22	38	26	88	Participating in charity works	1
10	35	36	16	3	68	4	18	34	34	13	54	Meeting someone new	2
26	28	20	16	100	56	16	21	21	29	15	33	Talking about sports	3
42	27	8	8	14	24	6	6	11	16	64	142	Listening to live music	4
39	33	13	8	5	14	8	15	25	27	26	67	Planning trips or vacations	5
29	32	21	11	7	33	9	16	30	33	15	52	Buying things for myself	6
22	29	24	10	14	67	5	10	22	33	33	96	Doing artwork	7
20	38	14	7	20	71	2	3	15	14	67	157	Mountaineering with friends	8
7	27	27	16	24	147	2	4	22	25	49	129	Reading Quran	9

15	23	25	12	26	137	3	2	3	12	82	190	Playing badminton	10
16	26	28	17	13	98	4	12	20	29	38	100	بدمینتون بازی کردن Rearranging or decorating my room or house	11
9	15	22	21	33	179	4	1	4	17	75	181	تغییر دادن دکور خانه یا اتاق Calligraphy	12
18	20	35	14	13	94	4	6	21	25	46	119	خطاطی کردن Reading stories or novels	13
28	16	29	14	13	70	27	23	12	9	31	23	داستان یا رمان خواندن Driving	14
43	35	13	4	5	5	9	10	26	35	22	69	رانندگی کردن Breathing clean air	15
12	24	40	17	5	82	12	21	42	22	5	21	تنفس در هوای پاک Watching TV	16
10	19	28	24	18	146	12	21	22	26	20	43	تماشای تلویزیون Talking to myself	17
24	35	28	4	9	36	5	12	14	28	41	106	حرف زدن با خودم Camping	18
39	36	17	6	2	7	22	33	30	13	5	4	پیکنیک رفتن Thinking about something good in the future	19
11	13	36	16	25	160	4	8	14	21	55	130	به چیزهای خوب در آینده فکر کردن Playing cards	20
46	37	13	3	1	1	8	19	35	23	18	46	ورق بازی کردن Completing a difficult task	21
46	31	16	5	2	3	11	37	38	14	3	9	در انجام یک کار سخت موفق شدن Laughing	22
10	16	28	24	23	163	3	6	18	27	48	127	خندیدن Solving a problem, puzzle, crossword, etc.	23
8	17	25	22	28	174	0?	5	8	15	73	178	معما و جدول حل کردن Doing Puzzles	24
28	37	30	2	3	18	9	25	48	12	9	22	پازل ساختن Having lunch with friends or associates	25
8	21	31	14	27	161	1	5	6	8	82	188	با دوستان و آشنایان نهار خوردن Playing tennis	26
												تنیس بازی کردن	

38	31	25	3	2	9	38	40	21	3	1	1	Bathing or Taking a shower	27
10	19	23	20	26	164	2	3	8	15	73	176	دوش گرفتن یا حمام کردن Writing stories, novels, plays, or poetry	28
14	22	19	12	34	158	5	9	7	20	61	140	شعر، داستان یا نمایشنامه نوشتن Playing with animals	29
36	41	18	4	1	6	10	38	33	20	2	12	با حیوانات بازی کردن Having a frank and open conversation	30
17	29	24	14	12	79	6	11	21	36	26	83	گفتگویی صادقانه و صمیمی داشتن Singing	31
19	21	43	11	3	57	18	34	31	15	3	6	آواز خواندن Working	32
12	18	45	14	10	106	5	8	26	30	31	91	کار کردن Joining a group	33
22	28	34	10	2	37	4	25	45	21	4	25	به گروهی ملحق شدن Going to a party	34
23	21	35	10	9	63	2	11	32	34	22	80	مهمانی رفتن Inviting friends and throwing a party	35
9	12	15	19	43	197	2	6	11	16	66	153	دعوت کردن دوستان و مهمانی دادن Going to religious ceremonies	36
28	20	16	15	20	84	3	8	10	13	65	148	به جشن‌های مذهبی رفتن Playing a musical instrument	37
21	22	28	14	12	77	8	5	26	25	36	94	ساز زدن Making snacks	38
21	19	20	11	28	133	3	1	7	5	84	191	خوراکی و دسر درست کردن Snow-skiing	39
21	28	36	6	7	46	15	30	33	14	9	15	اسکی رفتن Combing or brushing my hair	40
20	30	36	6	6	43	13	28	38	18	3	13	شانه کردن یا رسیدگی به موها Putting on makeup or shaving my face	41
11	12	29	23	22	166	2	16	28	36	19	70	آرایش کردن یا اصلاح صورت Taking a nap	42
												چرت زدن	

13	10	36	17	23	153	12	12	20	18	38	75	Checking my Facebook profile سرزدن به فیسبوک	43
10	10	18	17	43	195	2	3	9	7	80	182	Canning, freezing, making preserves, etc. ترشی یا مربا درست کردن	44
23	39	22	7	6	30	8	20	32	25	15	42	Solving a personal problem حل کردن یک مشکل شخصی	45
23	35	۲۱	9	8	39	5	12	37	26	19	61	Walking with Friends قدم زدن با دوستان	46
21	19	27	16	15	95	6	14	20	29	32	86	Playing with children بازی کردن با بچه ها	47
7	11	24	18	38	192	2	3	10	14	71	168	Playing board games تختنورد بازی کردن	48
15	18	25	15	15	101	2	9	12	26	50	133	Learning a new language یادگرفتن یک زبان جدید	49
9	24	25	15	24	152	2	5	10	20	62	152	Drawing نقاشی یا طراحی کردن	50
22	20	23	14	19	103	3	5	7	16	68	159	Gardening, landscaping, or doing yard work رسیدگی به باغچه	51
21	22	29	9	17	83	4	9	17	30	40	111	Dancing رقصیدن	52
21	9	31	20	18	130		6	10	23	62	158	Sitting in the sun آفتاب گرفتن	53
18	25	34	18	2	61	13	30	32	19	4	14	Just sitting and thinking نشستن و فکر کردن	54
17	20	35	13	13	96	7	15	12	37	29	85	Going to park پارک رفتن	55
13	5	26	26	29	178	2	5	16	29	49	135	Talking about philosophy درباره فلسفه حرف زدن	56
29	33	20	11	5	28	5	12	23	34	26	82	Listening to the sounds of nature به صدای طبیعت گوش دادن	57
6	13	32	31	17	170	4	11	17	36	32	98	Listening to the radio رادیو گوش کردن	58
18	17	24	20	18	127	5	6	17	29	43	117	Buying an expensive thing یک چیز گرانبه خریدن	59

14	22	30	16	16	118	1	6	8	13	73	169	Getting letters, cards, or notes نامه یا کارت پستال دریافت کردن	60
23	32	27	14	1	34	7	15	21	45	12	59	Watching the sky تماشای آسمان ۱۶	61
16	27	30	17	8	78	2	13	32	36	18	71	Buying something for others برای دیگران خرید کردن	62
22	18	32	13	12	80	3	8	16	33	40	118	Photography عکاسی کردن ۱۴	63
23	28	31	13	3	40	7	9	22	43	20	76	Seeing old photographs تماشای عکسهای قدیمی	64
9	8	20	30	30	189	2	5	8	14	71	166	Collecting things کلکسیون جمع کردن	65
17	20	33	19	9	90	14	29	30	17	11	17	Working on my finances برای مسائل مالی تصمیم گرفتن	66
14	20	26	21	18	136	2	11	12	24	52	128	Making a major purchase or investment یک سرمایه گذاری بزرگ انجام دادن	67
32	37	22	5		10	7	20	38	34	2	30	Helping others به دیگران کمک کردن	68
20	29	32	17	1	48	5	21	36	32	6	35	Hearing or telling jokes لطیفه گفتن یا شنیدن	69
15	44	20	9		126	17	19	35	31	8	36	Talking about my family صحبت کردن درباره خانواده ام	70
20	19	18	27		149	1	3	8	12	75	189	Going to theatre تئاتر رفتن	71
12	25	28	29		188	3	13	25	30	29	90	Talking about politics صحبت کردن درباره سیاست	72
35	17	7	3		12	8	16	31	35	11	49	Seeing beautiful scenery تماشای مناظر زیبا	73
38	18	4			4	18	43	33	6	1	2	Eating a good meal خوردن یک وعده غذای خوب	74
34	29	6	2		21	10	19	38	28	3	24	Improving my health رسیدگی به سلامتی خودم	75

24	32	14	17		64	13	12	23	38	15	53	Being downtown	76
16	29	19	25		167	1	5	7	16	70	174	پاساژ و مرکز خرید رفتن Going to a museum	77
14	29	23	26		180	2	3	12	16	67	161	موزه رفتن Writing in a diary	78
11	34	41	11		53	2	26	44	26	2	29	خاطره نوشتن Counseling someone	79
29	33	23	7	5	23		9	34	32	26	92	مشورت کردن با دیگران Learning a new skill	80
10	33	24	15	16	109	3	8	12	32	45	126	یک مهارت جدید یاد گرفتن Going to Cafe	81
33	34	20	7	4	17	7	24	29	13	7	5	کافی شاپ رفتن Thinking about the person I like	82
												فکر کردن درباره کسی که دوست دارم	
13	17	38	24	4	104	17	21	35	25	3	16	Talking on the telephone	83
												تلفنی حرف زدن	
11	25	28	20	14	123	12	27	22	25	15	31	Having daydreams	84
												خیال بافی کردن	
17	21	22	16	22	131	4	9	20	23	45	113	Kicking leaves	85
												لگدن برگها	
9	17	24	28	20	165		4	10	19	68	170	Seeing famous people	86
												ملاقات با آدمهای مشهور	
12	26	28	15	16	114	1	8	15	24	53	138	Going to the movies	87
												سینما رفتن	
10	18	37	19	13	134	12	14	28	40	7	37	Being alone	88
												تنها بودن	
12	25	33	10	18	115	3	14	29	24	32	84	Cooking meals	89
												غذا پختن	
20	36	27	9	5	38	5	29	37	20	9	27	Being praised by people I admire	90
												مورد تحسین دیگران قرار گرفتن	
39	32	15	4	8	15	17	40	20	14	10	7	Feeling the presence of the Lord in my life	91
												حس کردن وجود خدا در کنارم	
10	12	20	26	30	181	2	13	20	32	33	99	Crying	92
												گریه کردن	

18	20	34	16	10	85	5	15	40	33	8	47	Being at a family reunion or get-together شرکت در مهمانی‌های خانوادگی	93
12	32	34	16	4	69	5	21	40	31	3	34	Coaching someone راهنمایی‌کردن دیگران	94
26	37	24	7	5	26	4	18	24	42	12	60	Seeing or smelling a flower or plant دیدن و بویدن گل و گیاه	95
17	19	23	273	15	120	3	12	13	29	42	115	Watching aquarium تماشای آکواریوم	96
18	43	26	7	3	31	16	28	35	13	7	10	Using cologne, perfume, or aftershave عطر و ادکلن زدن	97
16	31	31	15	5	65	5	27	35	32	2	28	Reminiscing, talking about old times یادآوری صحبت درباره خاطرات گذشته	98
14	21	27	18	18	132	15	27	26	27	6	18	Getting up early in the morning صبح زود بیدار شدن	99
25	37	28	6	2	20	3	15	45	31	7	48	Visiting friends سر زدن به دوستان	100
16	16	14	12	40	173	1	6	10	13	70	164	Playing football فوتبال بازی‌کردن	101
19	22	23	9	25	119	20	19	15	8	39	50	Saying prayers نماز خواندن	102
8	19	19	14	39	183	5	5	7	6	76	163	Meditating or doing yoga مراقبه یا یوگا	103
22	31	35	6	4	35	6	17	36	38	4	38	Having peace and quiet در آرامش و سکوت بودن	104
13	19	19	9	36	168	2	2	4	7	85	192	Shooting تیراندازی‌کردن	105
36	36	19	5	2	8	10	28	37	19	7	19	Sleeping soundly at night شب خوب خوابیدن	106
7	15	48	18	11	138	1	4	27	41	28	109	Reading magazines مجله خواندن	107
10	20	22	22	23	155	1	3	7	13	75	186	Playing Ping-Pong پینگ‌پونگ بازی کردن	108
31	25	22	9	13	45	3	2	11	21	63	156	Swimming استخر رفتن	109

31	27	18	6	16	44	1	9	13	17	59	144	Getting massages or backrubs ماساژ گرفتن	110
5	18	46	20	10	139	5	16	41	31	890	44	Doing housework انجام دادن کارهای خانه	111
15	13	23	13	36	172		3	4	3	32	202	Playing paintball پینتبال بازی کردن	112
20	20	32	19	7	75	5	11	28	26	74	89	Watching TV alone تنهایی فیلم تماشا کردن	113
6	9	12	19	53	202	1	2	7	17	23	184	Sewing کارهای خیاطی انجام دادن	114
9	23	47	14	5	91	3	11	30	35	8	81	Going to a barber or beautician آرایشگاه یا سلمانی رفتن	115
11	19	23	26	20	151	13	30	25	25	36	20	Sleeping late شب دیر وقت خوابیدن	116
8	29	27	24	12	124	2	10	30	22	63	97	Starting a new project شروع کردن یک پروژه جدید	117
9	11	21	20	38	191	2	6	12	18	22	151	Going to mosque مسجد رفتن	118
12	22	37	13	15	116	4	13	29	31	51	72	Reading essays academic, or professional literature مقاله های علمی خواندن	119
20	22	24	14	17	99	2	11	15	22	10	125	Preparing a new or special food درست کردن یک غذای جدید	120
12	22	33	22	9	110	8	19	27	36	48	45	Watching people تماشای آدمها	121
17	21	27	18	17	117	3	4	17	29	40	132	Building or watching a fire روشن کردن یا تماشای آتش	122
12	25	26	20	17	129	2	9	12	38	40	123	Repairing things تعمیر کردن وسایل	123
22	30	25	10	12	60	2	5	8	16	70	165	Bicycling دوچرخه سواری	124
23	32	29	8	8	42	3	11	22	26	39	104	Playing party games انجام بازی های دسته جمعی	125
10	10	37	34	8	144	1	12	31	39	16	74	Talking about myself صحبت کردن درباره خودم	126
16	18	18	24	23	145			5	7	89	204	Swimming in river شنا کردن در رودخانه	127

29	32	23	10	6	32	1	10	14	22	54	136	Traveling with a group سفرهای دسته‌جمعی رفتن	128
14	17	22	17	30	162	2	7	10	20	62	149	Pilgrimage زیارت رفتن	129
10	15	40	16	19	143	8	10	27	26	30	77	Surfing the web وبگردی	130
12	17	44	8	18	121	16	18	25	17	25	39	Checking my emails چک کردن ایمیل	131
10	12	26	24	24	171	4	6	17	26	46	124	Playing computer games بازی کامپیوتری انجام دادن	132
11	16	32	17	24	154	2	5	10	32	52	145	Relaxation انجام روش‌های ریلکسیشن	133
5	5	25	31	33	199			6	11	83	197	Participating in book reading groups شرکت در گروه‌های کتابخوانی	134
10	9	16	25	40	196	2	3	8	18	70	171	Making contributions to religious groups کمک کردن به گروه‌های مذهبی	135
8	10	27	20	35	185	2	3	9	33	53	150	Reading religious books مطالب مذهبی خواندن	136
23	35	21	11	10	49	2	4	12	20	63	154	Playing with snow برفبازی	137
46	29	19	2	2	2	13	41	37	9	1	3	Wearing clean clothes لباس‌های تمیز و مرتب پوشیدن	138
10	19	40	18	12	125		8	14	27	52	141	Going to exhibits نمایشگاه رفتن	139
23	26	30	10	11	62	4	9	11	20	57	134	Planting گل و گیاه کاشتن	140
21	46	22	6	3	22	2	14	36	37	13	62	Giving gifts هدیه دادن	141
17	23	35	14	8	74	6	19	20	35	22	65	Going to mall رفتن به بازار	142
36	17	31	11	3	51	3	13	35	36	15	64	Going to a restaurant رستوران رفتن	143
34	9	19	24	21	156	2	1	8	14	77	187	Going to zoo باغ وحش رفتن	144
19	5	12	22	28	182	2	9	20	33	36	110	Talking about religion درباره مذهب حرف زدن	145

60	4	9	29	17	175	3	4	16	42	36	122	Reading newspaper	146
												روزنامه خواندن	
86	15	16	25	19	141	5	9	17	36	34	101	Giving massages or backrubs	147
												ماساژ دادن	
24	8	18	19	20	152	7	19	34	22	19	51	Watching news	148
												تماشای اخبار	
23	4	12	17	54	201		6	18	17	60	146	Smoking shisha	149
												قلیان کشیدن	
27	6	7	18	55	205		1	5	9	86	198	Weaving	150
												بافتنی کردن	
21	14	26	25	6	92	4	15	23	36	24	78	Watching films together	151
												دستمجمعی فیلم تماشا کردن	
37	16	23	18	13	105	3	3	4	21	69	172	Lying on the grass	152
												دراز کشیدن در چمن	
24	17	25	17	10	76	7	22	23	28	22	57	To Worship	153
												عبادت کردن	
33	8	34	24	11	135	1	4	30	39	27	105	Talking about books	154
												صحبت کردن درباره کتاب	
30	9	25	16	43	198		1	7	12	81	193	Participating in poetry groups	155
												شرکت در گروه های شعر خوانی و شب شعر	
18	14	36	22	5	88	1	13	27	44	17	17	Planning for a party	156
												برنامه ریزی برای مهمانی	
6	7	22	11	41	184		9	12	24	55	143	Watching football in a group	157
												دستمجمعی فوتبال تماشا کردن	
3	17	28	19	9	81	1	8	18	35	40	121	Watching stars	158
												تماشای ستاره ها	
33	17	28	14	15	97	2	10	15	31	43	120	Speaking a foreign language	159
												به زبان دیگری حرف زدن	
17	14	38	15	13	111	9	19	23	17	34	66	To study	160
												درس خواندن	
26	17	49	7	3	55	7	15	51	23	5	32	Complimenting or praising someone	161
												تحسین کردن خوبی های دیگران	
8	29	41	10	4	58	6	18	36	35	6	40	Doing favors for people	162
												رسیدگی کردن به دیگران	

4	4	24	13	54	204		1	5	3	92	205	Carpet weaving قالی بافی	180
17	19	31	18	14	107	4	9	30	33	26	87	Talking about films صحبت کردن درباره فیلم	181
6	13	26	21	34	186	5	8	13	17	57	131	Chatting چت کردن	182
23	26	30	11	8	54	8	22	22	26	23	56	Talking about romantic stuff حرف های عاشقانه زدن	183
8	9	11	17	55	200		1	5	8	87	200	Hunting شکار رفتن	184
27	24	26	5	18	66	4	13	17	24	41	103	Walking with my husband or wife قدم زدن با همسر	185
32	33	27	6	2	16		14	19	36	32	102	Going on field trips, nature walks, etc. طبیعت گردی	186
16	28	25	15	16	102		4	14	31	52	147	Visiting old places سر زدن به محله قدیمی	187
28	35	13	2		41	6	24	43	23	5	26	Feeling the importance of myself for others احساس کردن اهمیت خود برای دیگران	188
12	26	16	32		169	4	1	7	9	80	183	Riding a motorcycle موتور سواری	189
33	30	8	8		47	2	12	18	45	24	95	Walking in the rain زیر باران قدم زدن	190
23	15	20	28		150	1		5	7	88	201	Desert tour کویر گردی	191
28	26	14	16		100		1	7	12	81	194	Cable Car ride تله کابین سوار شدن	192
27	26	11	10		52	2	3	7	19	71	175	Walking barefoot at the beach پابرهنه قدم زدن در ساحل	193
15	40	13	17		128	3	8	12	24	55	137	Watching soap operas دی وی دی سریال تماشا کردن	194
30	17	8	3		11	20	25	31	21	5	11	Listening to music گوش دادن به موسیقی	195
8	28	20	35		187		1	6	7	87	199	Playing pool or billiards بیلیارد بازی کردن	196
21	29	20	15		122	4	7	21	35	35	107	Divination with Hafez poems فال حافظ گرفتن	197

31	23	3	4	13	5	15	43	3	5	41	Pleasing my parents خشنودکردن والدینم	198
42	25	4	3	19	10	40	31	17	2	8	Wearing informal clothes لباس‌های راحت و خودمانی	199
23	25	20	15	112	2	3	9	19	69	167	پوشیدن Going to a fair or amusement park	200
17	30	18	24	157	3	1	6	19	73	180	شهربازی رفتن Playing board games(Mensch)	201
40	22	7	5	25	4	11	13	37	36	108	منج بازی کردن Listening to the sound of water	202
25	22	9	21	89	1	3	3	7	87	15	گوش دادن به صدای آب Horseback riding	203
20	24	21	16	113		7	12	35	46	139	اسب سواری Calling sick & staying home	204
17	23	30	18	11	93	6	16	22	30	28	مرخصی گرفتن و سر کار نرفتن Wandering in the city	205
21	31	25	13	9	59	1	4	8	15	73	با ماشین در شهر دور زدن Fruit picking in the garden	206
											به باغ رفتن و میوه چیدن	