RPAS

Revised Physical Anhedonia Scale (RPAS)

The RPAS is a trait-based self-report questionnaire designed to measure a lasting decrease in the ability to experience pleasure from physical and sensory experiences, such as eating, touch, sex, movement, smells, sounds, or aesthetic appreciation. It is widely used in clinical psychology and in research on schizotypy, schizophrenia spectrum disorders, and negative symptoms. Its true/false format allows quick, independent administration, but it mainly assesses a relatively stable tendency rather than a momentary emotional state. It can be useful for identifying marked physical anhedonia, which should be interpreted with caution within a broader assessment.

Number of questions	61 questions
Estimated duration	10 minutes
Language	English
Original name	Revised Physical Anhedonia Scale
Target audience	Adults
Authors	Loren J. Chapman, Jean P. Chapman (1978)
Category	Psychotic disorders

Preview of the 61 questions

I have usually found lovemaking to be intensely pleasurable.

True False

When eating a favorite food, I have often tried to eat slowly to make it last longer.

True False

I have often enjoyed the feel of silk, velvet or fur.

True False

I have sometimes enjoyed feeling the strength in my muscles.

True False

Scoring & interpretation

The 61 items are answered true or false. Each answer matching the scoring key is worth 1 point, otherwise 0. The total score ranges from 0 to 61. A high score indicates greater physical anhedonia. There is no single, clearly established universal diagnostic cutoff for routine clinical use, so interpretation must rely on the available normative data, sex, the clinical context, and the other elements of the assessment.