SHAPS

Snaith-Hamilton Pleasure Scale (SHAPS)

The SHAPS is a brief self-report questionnaire on anhedonia, designed to estimate the capacity to experience pleasure in ordinary everyday situations. Its 14 items explore four broad domains: interests and pastimes, social interaction, sensory experiences, and food and drink. The tool is valued for its simplicity, its good clinical acceptability and its relative sensitivity to changes in current state, which makes it useful for identifying anhedonia and monitoring its course in patients presenting, in particular, with a depressive episode, bipolar disorder, schizophrenia or other clinical presentations in which loss of pleasure is central.

Number of questions	14 questions
Estimated duration	3 minutes
Language	English
Original name	Snaith-Hamilton Pleasure Scale
Target audience	Adolescents and adults
Authors	R. P. Snaith, M. Hamilton, S. Morley, A. Humayan, D. Hargreaves, P. Trigwell (1995)
Category	Depression, Mood disorders

Preview of the 14 questions

In the last few days:

I would enjoy my favourite television or radio programme

Strongly disagree | Disagree | Agree | Strongly agree

In the last few days:

I would enjoy being with my family or close friends

Definitely agree | Agree | Disagree | Strongly disagree

In the last few days:

I would find pleasure in my hobbies and pastimes

Strongly disagree | Disagree | Agree | Strongly agree

In the last few days:

I would be able to enjoy my favourite meal

Definitely agree | Agree | Disagree | Strongly disagree

In the last few days:

I would enjoy a warm bath or refreshing shower

Definitely agree | Agree | Disagree | Strongly disagree

Scoring & interpretation

Each item offers 4 responses ranging from strong agreement to strong disagreement. In the most widely used original scoring, agreement responses are scored 0 and disagreement responses 1, for a total score from 0 to 14. A higher score indicates more marked anhedonia. In practice, a total of 0 to 2 is generally considered within the normal range, while a score of 3 or more suggests a clinically significant reduction in the capacity for pleasure. Some studies use a 4-point Likert sum, but interpretation must then be based on the norms specific to that method.