TEPS

Temporal Experience of Pleasure Scale (TEPS)

The TEPS is a brief self-report questionnaire that measures the usual capacity to experience pleasure along two complementary dimensions: anticipatory pleasure, related to looking forward to a pleasant experience, and consummatory pleasure, related to the pleasure felt during the experience itself. It is particularly useful for assessing anhedonia and for refining the understanding of hedonic functioning in depression, psychotic disorders and other clinical presentations involving decreased motivation, loss of interest or diminished pleasure. Its simple structure allows clinical, psychometric and monitoring use, alongside the interview and other symptom scales.

Number of questions	18 questions
Estimated duration	5 minutes
Language	English
Original name	Temporal Experience of Pleasure Scale
Target audience	Adolescents and adults
Authors	David E. Gard, Marja Germans Gard, Ann M. Kring, Oliver P. John (2006)
Category	Depression

Preview of the 18 questions

When I hear about a new movie starring my favorite actor, I can't wait to see it.

Very false for me | Moderately false for me | Slightly false for me | Slightly true for me | Moderately true for me | Very true for me

I enjoy taking a deep breath of fresh air when I walk outside.

Very false for me | Moderately false for me | Slightly false for me | Slightly true for me | Moderately true for me | Very true for me

The smell of freshly cut grass is enjoyable to me.

Very false for me | Moderately false for me | Slightly false for me | Slightly true for me | Moderately true for me | Very true for me

I look forward to a lot of things in my life.

Very false for me | Moderately false for me | Slightly false for me | Slightly true for me | Moderately true for me | Very true for me

I love it when people play with my hair.

Very false for me | Moderately false for me | Slightly false for me | Slightly true for me | Moderately true for me | Very true for me

Scoring & interpretation

Each item is rated from 1 to 6, from “very false for me” to “very true for me”. Item 7 is reverse-scored. A total score is calculated after recoding, as well as two subscores: anticipatory pleasure on 10 items and consummatory pleasure on 8 items. Higher scores reflect a greater capacity to experience pleasure and therefore a lower level of anhedonia. Interpretation is based mainly on the profile across the two dimensions, the clinical context and changes in scores over time, as there is no universal reference diagnostic cutoff.