MAPA (Eakman)

**Please rate the amount of time that you spent on the following activities during the last few months**

0 = Not at all

1 = Less than once a month

2 = Once a month

3 = 2 to 3 times a month

4 = Once a week

5 = Several times a week

6 = Everyday

Home making/home maintenance

Personal finances

Driving

Using public transportation

Medical visits

Socializing

Writing letters/cards

Helping others

Gardening

Physical exercise

Crafts/hobbies

Cultural activities

Musical activities

Taking courses

Creative activities

Traveling

Talking on the telephone

Reading magazines/newspapers

Other reading

Playing games

Radio/TV

Religious activities

Prayer/meditation

Community organization activities

Volunteer activities

Pet care activities

Computer use for e-mail

Other computer use

**Please rate each activity according to how meaningful it is to you. That is, how much it matters or is personally fulfilling for you.**

0 = Not at all meaningful

1 = Somewhat meaningful

2 = Moderately meaningful

3 = Very meaningful

4 = Extremely meaningful