

# Physical Effort Scale (PES) – Manual

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## 1. Introduction

The Physical Effort Scale (PES) operationalize the tendencies to approach and to avoid physical effort and provides the following information:

- (1) Mean overall score to approach physical effort.
- (2) Mean overall score to avoid physical effort.

## 2. Administration

The Physical Effort Scale can be administered in person or online. The questionnaire has been used with respondents 18 years of age and older. Participants indicate their level of agreement with each of the 8 items on a Likert scale anchored with (1) I completely disagree, (2) I disagree, (3) I neither agree nor disagree, (4) I agree, (5) I completely agree. The Physical Effort Scale takes approximately 2 minutes to complete.

## 3. Scoring

Calculation of a total mean score for the items belonging to the *Approach* dimension of the physical effort. A higher score indicates a greater tendency to approach physical effort.

Calculation of a total mean score for the items belonging to the *Avoidance* dimension of the physical effort. A higher score indicates a greater tendency to avoid physical effort.

Dimension	Item Numbers
Approach physical effort	1, 3, 6, 8
Avoid physical effort	2, 4, 5, 7

A relative tendency to approach rather than avoid physical effort can be computed as follows:

Relative tendency to approach physical effort = Average score for tendency to approach physical effort – Average score for tendency to avoid physical effort.

A higher score indicates a greater tendency to approach (rather than avoid) physical effort. This score is useful when researchers want to predict movement-based behaviors considering both the approach and the avoidance dimensions of physical effort.

## Physical Effort Scale

**Instructions:** This questionnaire is about physical effort, which is usually associated with increased heart rate and breathing. Please read each of the following statements carefully and indicate the extent to which you agree or disagree with the statement. There are no right or wrong answers. Choose your response using the following scale:

I completely disagree	I disagree	I neither agree nor disagree	I agree	completely agree
(1)	(2)	(3)	(4)	(5)

1.	I usually like activities that require physical effort.	1	2	3	4	5
2.	I tend to avoid situations in which I have to exert physical effort.	1	2	3	4	5
3.	The idea of exerting physical effort usually appeals to me.	1	2	3	4	5
4.	I tend to stay away from tasks that require physical effort.	1	2	3	4	5
5.	Exerting physical effort does not appeal to me.	1	2	3	4	5
6.	I generally enjoy activities that involve physical effort.	1	2	3	4	5
7.	I usually dislike activities that involve physical effort.	1	2	3	4	5
8.	I am usually willing to engage in activities that involve physical effort.	1	2	3	4	5