



# Deenz Multidimensional Anhedonia Scale (DMAS-27) Questionnaire

## Instructions

Deenz Multidimensional Anhedonia Scale (DMAS-27) contains 27 items rated on a 5-point scale. Please answer each question honestly based on your typical thoughts, feelings, and experiences. There are no right or wrong answers.

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
1	If I have to attend social events, I often find them uninteresting.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
2	I often make little effort to maintain friendships.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
3	It is hard for me to enjoy spending time with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
4	I often feel little joy when I am around people.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
5	If I skip social gatherings, I rarely feel like I am missing out.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
6	I often prefer being alone rather than with others.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
7	It is hard for me to feel pride or satisfaction when people praise me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8	I often avoid social events even when invited.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
9	It is hard for me to feel a need for companionship.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
10	I often dislike physical touch, including handshakes.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
11	It is hard for me to find pleasure in physical activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
12	I often find that music does not evoke strong emotions in me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
13	It is hard for me to notice or enjoy scents around me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
14	I often feel a lack of interest in sexual activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
15	It is hard for me to enjoy the taste of food as much as others do.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
16	I often feel little physical excitement during enjoyable activities.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
17	It is hard for me to engage in physical hobbies or sports.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
18	I often feel little warmth or affection from physical contact.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
19	I often struggle to get excited about things happening soon.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
20	It is hard for me to find things that truly interest me.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
21	I often feel emotionally flat or numb.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
22	It is hard for me to explain why I sometimes feel sad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
23	I often feel a sense of hopelessness.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

#	Statement	Strongly Disagree (0)	Disagree (1)	Neutral (2)	Agree (3)	Strongly Agree (4)
24	It is hard for me to feel enthusiasm even for good news.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
25	I often find it difficult to feel happiness during joyful events.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
26	It is hard for me to feel motivated to pursue personal goals.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
27	I often make little effort to enjoy activities I used to like.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

## Scoring Instructions

Responses should be summed according to the scoring procedures of the assessment.

Higher scores generally indicate greater expression of the measured construct unless otherwise specified.

## Dimension Scoring Keys

Dimension	Items	Number of Items
Social Anhedonia	1, 2, 3, 4, 5, 6, 7, 8, 9	9
Physical Anhedonia	10, 11, 12, 13, 14, 15, 16, 17, 18	9
Emotional Anhedonia	19, 20, 21, 22, 23, 24, 25, 26, 27	9

## Raw Score Ranges

---

Scale	Items	Possible Range
Social Anhedonia	9	0–36
Physical Anhedonia	9	0–36
Emotional Anhedonia	9	0–36
<b>Overall Score</b>	<b>27</b>	<b>0–108</b>

## Source

---

Dar, Deen Mohd, Development and Validation of the Deenz Multidimensional Anhedonia Scale (DMAS-27).

---

Prepared by [Drdeenz](#)

Interactive Version: [Deenz Multidimensional Anhedonia Scale \(DMAS-27\)](#)