**English Version of Hedonic and Eudaimonic Motives for Activities (HEMA),**

**and its Variations,**

**followed by Translations in Other Languages**

**Instructions to all Variations of HEMA**

Peoples’ ways of conceptualizing and seeking a good life tend to fall into three categories:

\* **Hedonic orientation** – pleasure/enjoyment, comfort

\* **Eudaimonic orientation** – authenticity, excellence/virtue, growth, meaning

\* **Extrinsic orientation** – material wealth, status, power, fame, popularity

**Instructions to the trait version**: To what degree do you typically approach your activities with each of the following intentions, whether or not you actually achieve your aim?

**Sample instructions to state versions**:

To what degree did you approach your current activity with each of the following intentions, whether or not you actually achieve your aim?

During the past week, to what degree did you approach your activities with each of the following intentions, whether or not you actually achieved your aim?

**Sample instructions to situational versions**:

To what degree do you approach your university studies with each of the following intentions, whether or not you actually achieve your aim?

To what degree do you approach physical exercise with each of the following intentions, whether or not you actually achieve your aim?

**The instructions can be adapted as needed.**

**The items are rated from 1 (not at all) to 7 (very much)**

If a researcher wishes to assess only healthy ways of pursuing well-being, they would use the **HEMA-R.** If a researcher wishes to assess all major ways of pursuing well-being, both healthy and unhealthy, they would use the **HEEMA**. **See both scales below**.

**HEMA-R**

1. Seeking relaxation?

2. Seeking to develop a skill, learn, or gain insight into something?

3. Seeking to do what you believe in?

4. Seeking pleasure?

5. Seeking to pursue excellence or a personal ideal?

6. Seeking enjoyment?

7. Seeking to take it easy?

8. Seeking to use the best in yourself?

9. Seeking fun?

10. Seeking to contribute to others or the surrounding world?

(16. OPTIONAL ITEM: Seeking to have things comfortable?)

Eudaimonic motivation: items 2, 3, 5, 8, 10

Hedonic motivation: items 1, 4, 6, 7, 9 (note that item 16 is excluded so that the scale is more heavily oriented towards pleasure-seeking)

If warranted by factor analysis and sufficient internal consistency, hedonic motivation can be split into:

Hedonic pleasure motivation: items 4, 6, 9

Hedonic comfort motivation: items 1, 7, 16

The reference for the HEMA-R is:

Huta, V. (2016). Eudaimonic and hedonic orientations: Theoretical considerations and research

findings. In J. Vittersø (Ed.), *Handbook of Eudaimonic Well-being*. Springer.

In Huta and Waterman (2014), we performed a systematic review of the research definitions of eudaimonia and hedonia, and we found that most definitions of eudaimonia include the following four elements: authenticity, excellence, growth, and meaning/contribution. The HEMA did not have an item representing **meaning/contribution**, and thus item 10 was added to create the HEMA-R.

The HEMA-R also includes an **OPTIONAL ITEM**, to be used only if the researcher wishes to study **hedonic comfort orientation** separately from hedonic pleasure orientation. Though the English version of the HEMA or HEMA-R usually produces a two-factor solution (hedonia, eudaimonia), some translations (and some studies with the English HEMA/HEMA-R) have obtained a three-factor solution (hedonic pleasure, hedonic comfort, eudaimonia) (e.g., Asano, Igarashi, & Tsukamoto, 2014; Bujacz, Vittersø, Huta, & Kaczmarek, 2014). The two-item hedonic comfort scale (items 1, 7) often does not have adequate internal consistency, whereas the three-item comfort scale (items 1, 7, 16) does.

**HEEMA (also temporarily called the HEMA-RX)**

1. Seeking relaxation?

2. Seeking to develop a skill, learn, or gain insight into something?

3. Seeking to do what you believe in?

4. Seeking pleasure?

5. Seeking to pursue excellence or a personal ideal?

6. Seeking enjoyment?

7. Seeking to take it easy?

8. Seeking to use the best in yourself?

9. Seeking fun?

10. Seeking to contribute to others or the surrounding world?

11. Seeking to have lots of money and nice possessions?

12. Seeking to have high status and prestige?

13. Seeking power and dominance over others?

14. Seeking to be admired and well-known?

15. Seeking to be popular and have an attractive social image?

(16. OPTIONAL ITEM: Seeking to have things comfortable?)

The **eudaimonic motivation** scale consists of items 2, 3, 5, 8, 10

The **hedonic motivation** scale consists of items 1, 4, 6, 7, 9

 The **hedonic pleasure motivation** subscale consists of items 4, 6, 9

The **hedonia comfort motivation** subscale consists of items 1, 7, AND ITEM 16

The 16th OPTIONAL ITEM is to be included only when a researcher wishes to assess

hedonia comfort separately from hedonia pleasure and have a three-item scale to reach sufficient internal consistency; otherwise, the item is excluded, so that the overall hedonia concept is more heavily weighted toward hedonia pleasure

The **extrinsic orientation/motivation** scale consists of items 11, 12, 13, 14, 15

Hedonia and eudaimonia represent the two main healthy ways of pursuing fulfillment in life. However, many people pursue a third set of aims, even if it relates negatively to well-being. This third category consists of what are called extrinsic motives, as identified by self-determination theory researchers (Kasser & Ryan, 1993, 1996). Extrinsic motives include material wealth, status, power, fame, and popularity.

Kasser, T., & Ryan, R.M. (1993). A dark side of the American dream: Correlates of financial

success as a central life aspiration. *Journal of Personality and Social Psychology*, *65*, 410–422.

Kasser, T., & Ryan, R. M. (1996). Further examining the American dream: Differential correlates of intrinsic and extrinsic goals. *Personality and Social Psychology Bulletin, 22*, 281-288.

The five additional items (items 11-15) that make up the HEEMA have been adapted in part from the extrinsic motives in Kasser & Ryan (1996), and in part from the egoistic values in de Groot and Steg (2008).

de Groot, J. I. M., & Steg, L. (2008). Value orientations to explain beliefs related to environmental significant

behavior: How to measure egoistic, altruistic, and biospheric value orientations. *Environment and Behavior*, *40*, 330-354.

The first paper to use the HEEMA and to report its psychometric properties is:

Lefebvre, A., & Huta, V. (2021). Age and gender differences in eudaimonic, hedonic, and extrinsic motivations.

*Journal of Happiness Studies*, *22*, 2299-2321.

**HEMA**

1. Seeking relaxation?

2. Seeking to develop a skill, learn, or gain insight into something?

3. Seeking to do what you believe in?

4. Seeking pleasure?

5. Seeking to pursue excellence or a personal ideal?

6. Seeking enjoyment?

7. Seeking to take it easy?

8. Seeking to use the best in yourself?

9. Seeking fun?

Eudaimonic motivation: items 2, 3, 5, 8

Hedonic motivation: items 1, 4, 6, 7, 9

If warranted by factor analysis and sufficient internal consistency, hedonic motivation can be split into:

Hedonic pleasure motivation: items 4, 6, 9

Hedonic comfort motivation: items 1, 7

The reference for the original scale (HEMA) (items 1-9) is:

Huta, V., & Ryan, R. M. (2010). Pursuing pleasure or virtue: The differential and overlapping well-being benefits of hedonic and eudaimonic motives. *Journal of Happiness Studies*, *11*, 735-762.

Details on the psychometric properties of the HEMA/HEMA-R appear on ResearchGate in:

Huta, V. (2016). *Eudaimonic and hedonic orientations: Theoretical considerations and research*

 *findings*. In J. Vittersø (Ed.), Handbook of Eudaimonic Well-being. Springer.

**SHEA**

The earliest version of the HEMA was called the SHEA (in personal communications with researchers), and was used in Huta’s unpublished doctoral thesis.

Eudaimonic Motivation

Pursuing excellence or a personal ideal

Developing a skill, learning, or gaining insight into something

Doing something you believe in

Developing your potential

Hedonic Motivation

Experiencing pleasure

Enjoying yourself

Relaxing

Being entertained

Huta, V. (2005). Pursuing pleasure versus growth and excellence: Links with different aspects of well-being.

[Doctoral dissertation, McGill University.]

**Translations of the HEMA and its variations**

**ALL AUTHORS OF THE TRANSLATIONS HAVE GRANTED PERMISSION FOR OTHERS TO USE THEIR SCALES**

**French HEEMA**

Dans quelle mesure abordez-vous généralement vos activités avec les intentions suivantes, que vous réussissiez ou non à atteindre votre objectif?

1 = pas du tout

7 = beaucoup

1. Cherchant la détente?
2. Cherchant à développer une compétence, à apprendre, ou à mieux comprendre quelque chose?
3. Cherchant à faire ce en quoi vous croyez?
4. Cherchant du plaisir?
5. Cherchant à poursuivre l’excellence ou un idéal personnel?
6. Cherchant la jouissance?
7. Cherchant à y aller doucement?
8. Cherchant à utiliser le meilleur de vous-même?
9. Cherchant à s’amuser?
10. Cherchant à contribuer aux autres et au monde environnant?
11. Cherchant à avoir beaucoup d’argent et de belles possessions?
12. Cherchant à avoir un statut élevé et de prestige?
13. Cherchant le pouvoir et la domination sur les autres?
14. Cherchant à être admiré et connu?
15. Cherchant à être populaire et avoir une image sociale attrayante?

(16. OPTIONAL ITEM: Cherchant à ce que les choses soient confortables?)

Huta, V., & Bouchard, M. (2017). *French translation of the Hedonic, Eudaimonic, and Extrinsic Motives*

*for Activities (HEEMA)*. Unpublished raw data.

**German HEMA-R**

Was strebst du typischerweise an wenn du verschiedenste Dinge machst?

Translated from “To what degree do you typically approach your activities with each of the following intentions?”

1 = überhaupt nicht

7 = sehr oft

1. Versuchen, sich dabei zu entspannen?
2. Versuchen, eine Fähigkeit zu entwickeln, zu lernen oder einen tieferen Einblick in Etwas zu erhalten?
3. Versuchen, das zu tun an das du glaubst?
4. Versuchen, Vergnügen dabei zu haben?
5. Versuchen, hervorragende Leistungen zu erbringen oder einem persönlichen Ideal zu entsprechen?
6. Versuchen, Freude dabei zu haben?
7. Versuchen, es dabei gemütlich anzugehen?
8. Versuchen, dein Bestes zu geben?
9. Versuchen, dabei Spaß zu haben?
10. Versuchen, deinen Beitrag zur Gesellschaft oder für das größere Wohl zu leisten?

Translated from “Seeking to contribute to other people, the environment, or some bigger picture?”

Bujacz, A., Dunne, S., Fink, D., Gatej, A. R., Karlsson, E., Ruberti, V., & Wronska, M. K.

(2016). Why do we enjoy creative tasks? Results from a multigroup randomized controlled study. *Thinking Skills and Creativity*, *19*, 188-197.

**Italian HEMA-R**

Fino a che punto ti approcci alle tue attività con ciascuna delle seguenti intenzioni?

Translated from “To what degree do you typically approach your activities with each of the following intentions?”

1 = per niente

7 = moltissimo

1. Cerco rilassamento?
2. Cerco di sviluppare un'abilità, d'imparare, o di capire meglio qualcosa?
3. Cerco di fare ciò in cui credo?
4. Cerco piacere?
5. Cerco di perseguire l'eccellenza o un ideale personale?
6. Cerco godimento?
7. Cerco di non stancarmi e di prendermela comoda?
8. Cerco di dare il meglio di me?
9. Cerco svago?
10. Cerco di supportare le altre persone, di contribuire all'ambiente, o ad una forma di bene suprema?

Translated from “Seeking to contribute to other people, the environment, or some bigger picture?”

Bujacz, A., Dunne, S., Fink, D., Gatej, A. R., Karlsson, E., Ruberti, V., & Wronska, M. K.

(2016). Why do we enjoy creative tasks? Results from a multigroup randomized controlled study. *Thinking Skills and Creativity*, *19*, 188-197.

**Polish HEMA-R**

W jakim stopniu na ogół podchodzisz do swoich zajęć z każdą z poniższych intencji, niezależnie od tego czy ostatecznie osiągasz swój cel? OR: Do czego zazwyczaj dążysz kiedy robisz różne rzeczy?

Translation: “To what degree do you typically approach your activities with each of the following intentions?”

1 – wcale

7 – bardzo mocno

1. Poszukuję odpoczynku?
2. Chcę rozwijać umiejętności, nauczyć się czegoś lub zrozumieć coś?
3. Chcę robić to, w co wierzę?
4. Poszukuję przyjemności?
5. Poszukuję doskonałości lub osobistego ideału?
6. Chcę cieszyć się tym co robię?
7. Poszukuję spokoju?
8. Chcę wykorzystywać to, co we mnie najlepsze?
9. Poszukuję zabawy?
10. Chcę wspierać innych ludzi, środowisko lub jakiś wyższy cel?

Translated from “Seeking to contribute to other people, the environment, or some bigger picture?”

Polish HEMA-R:

Bujacz, A., Dunne, S., Fink, D., Gatej, A. R., Karlsson, E., Ruberti, V., & Wronska, M. K.

(2016). Why do we enjoy creative tasks? Results from a multigroup randomized controlled study. *Thinking Skills and Creativity*, *19*, 188-197.

Polish HEMA:

Bujacz, A., Vittersø, J., Huta, V., & Kaczmarek, L. D. (2014). Measuring hedonia and

eudaimonia as motives for activities: Cross-national investigation through traditional and Bayesian structural equation modeling. *Frontiers in Psychology, Special Issue: Frontiers in Quantitative Psychology and Measurement*, *5*, Article 984.

**Swedish HEMA-R**

Vad strävar du generellt efter när du gör olika saker?

Translated from “To what degree do you typically approach your activities with each of the following intentions?”

1 = Inte alls

7 = Väldigt mycket

1. Jag strävar efter avslappning?
2. Jag strävar efter att utveckla en färdighet, lära mig eller nå insikt i någonting?
3. Jag strävar efter att göra det jag tror på?
4. Jag strävar efter njutning?
5. Jag strävar efter att nå perfektion eller att uppnå ett personligt ideal?
6. Jag strävar efter att uppleva glädje?
7. Jag strävar efter att ta det lugnt?
8. Jag strävar efter att använda mina bästa sidor?
9. Jag strävar efter att ha roligt?
10. Jag strävar efter att bidra till mänskligheten, miljön eller till någon annan viktig fråga?

Translated from “Seeking to contribute to other people, the environment, or some bigger picture?”

Bujacz, A., Dunne, S., Fink, D., Gatej, A. R., Karlsson, E., Ruberti, V., & Wronska, M. K.

(2016). Why do we enjoy creative tasks? Results from a multigroup randomized controlled study. *Thinking Skills and Creativity*, *19*, 188-197.

**Serbian HEMA-R**

**Instructions to the trait version:**

Instrukcija za procenu crte glasi: Do kog stepena obično prilazite vašim aktivnostima sa sledećim intencijama, bez obzira da li ostvarite vaš cilj ili ne?

**Sample instructions to state versions:**

**Current activities**: Do kog stepena ste prilazili vašoj trenutnoj aktivnosti sa sledećim intencijama, bez obzira da li zapravo ostvarite cilj ili ne?

**During the past week**: Tokom protekle sedmice, do kog stepena ste prilazili vašim aktivnostima sa sledećim intencijama, bez obzira da li ste zapravo ostvarili vaš cilj ili ne?

1 = uopšte ne

7 = jako

1. Tražeći opuštanje?
2. Nastojeći da razviješ neku veštinu, naučiš ili dobiješ uvid u nešto?
3. Nastojeći da radiš nešto u šta veruješ?
4. Tražeći zadovoljstvo?
5. Nastojeći da razviješ izvrsnost ili lični ideal?
6. Tražeći uživanje?
7. Tražeći ležernost?
8. Nastojeći da daš sve od sebe, da koristiš sve svoje potencijale?
9. Tražeći zabavu?
10. Nastojeći da doprineseš drugima ili svetu oko sebe?

(16. OPTIONAL ITEM tražeći udobnost?)

Prpa, N. (2016). *Serbian translation of Hedonic and Eudaimonic Motives for Activities Revised*

*(HEMA-R).* Unpublished raw data.

**Croatian HEMA-R**

**Instructions to the trait version:**

Procijenite u kojoj mjeri pristupate ovoj aktivnosti sa sljedećim namjerama:

1 = potpuno netočno

7 = potpuno točno

1. Tražeći opuštanje?

2. Nastojeći razviti neku vještinu, naučiti nešto ili dobiti uvid u nešto?

3. Nastojeći raditi nešto u što vjeruješ?

4. Tražeći zadovoljstvo?

5. Nastojeći ostvariti izvrsnost ili osobni ideal?

6. Tražeći uživanje?

7. Tražeći opuštanje, ležernost?

8. Nastojeći dati sve od sebe, koristiti sve svoje potencijale?

9. Tražeći zabavu?

10. Nastojeći doprinijeti drugima ili svijetu oko sebe?

(16. OPTIONAL ITEM Tražeći udobnost?)

Anić, P. (2016). *Croatian translation of Hedonic and Eudaimonic Motives for Activities Revised*

*(HEMA-R).* Unpublished raw data.

**Japanese HEMA**

あなたはふだん、自分の活動に取り組む際に、以下に示すそれぞれの意思をどのくらい持っていますか。あなたが実際に目標を達成しているかどうかにかかわらず、1から7の間で回答してください。

1 全くあてはまらない

7 非常にあてはまる

1. くつろぎを追求すること
2. 技術の向上、学習、あるいは物事への洞察力の獲得を追求すること
3. 自分の信念に従った行動を追求すること
4. 喜びを追求すること
5. 優秀さ、あるいは自分の理想を追求すること
6. 楽しさを追求すること
7. 気楽さを追求すること
8. 自分自身の力を最大限に生かす方法を追求すること
9. 面白さを追求すること

The authors of the Japanese HEMA have also added the following items to the hedonic comfort scale, to reflect the eastern emphasis on calmness:

やすらぎを追求すること

Seeking calmness

 のんびりした気分を追求すること

Seeking to feel easy

Asano, R., Igarashi, T., & Tsukamoto, S. (2014). Hedonic and eudaimonic motives for activities

(HEMA) in Japan: The pursuit of well-being. *Japanese Journal of Psychology*, *85*, 69-79.

**Norwegian HEMA**

**Sample instructions to state versions**:

Hvorfor gjorde du dette?

 Translated from ”Why were you doing this?”

**Sample instructions to situational versions**:

I hvilken grad utfører du denne aktiviteten med følgende intensjoner?

Translated from “To what degree do you typically approach this activity with each of the following intentions?”

1 ikke i det hele tatt

7 i veldig høy grad

1. For å slappe av?
2. For å utvikle en egenskap, lære, eller få innsikt i noe?
3. For å gjøre det jeg tror på?
4. For nytelsens skyld?
5. For å oppnå perfeksjon eller et personlig ideal?
6. For gledens skyld?
7. For å ta det med ro?
8. For å bruke det beste i meg selv?
9. For å ha det moro?

Bujacz, A., & Vittersø, J. (2012). *Norwegian version of the Hedonic and Eudaimonic Motives*

*for Activities scale*. Unpublished raw data.

**Estonian HEEMA**

Palun hinnake, mil määral Te tavaliselt asute oma tegevuste kallale järgnevate kavatsustega, olenemata sellest, kas Te ka tegelikult oma eesmärgi saavutate?

Väiteid hinnatakse skaalal 1 (üldsegi mitte) kuni 7 (väga palju).

1. Otsides lõõgastust?

2. Soovides arendada mõnda uut oskust, õppida või millestki paremini aru saada?

3. Püüdes teha midagi, millesse usute?

4. Otsides rõõmu?

5. Püüeldes täiuslikkuse või isikliku ideaali poole?

6. Otsides võimalusi naudingu tundmiseks?

7. Soovides asja rahulikult võtta?

8. Soovides kasutada oma parimaid omadusi?

9. Otsides lõbu?

10. Soovides panustada teistesse või ümbritsevasse maailma?

11. Soovides omandada palju raha ja ilusaid esemeid?

12. Taotledes kõrget staatust ja prestiiži?

13. Otsides võimu ja teistest üleolekut?

14. Otsides imetlust ja tuntust?

15. Püüdes saavutada populaarsust ja atraktiivset sotsiaalset kuvandit?

16. Soovides elada mugavat elu?

Kirsimäe, M. (2019). *Estonian translation of Hedonic, Eudaimonic and Extrinsic Motives for Activities*

*(HEEMA).* Unpublished raw data.

**Persian HEMA-R**

**Instructions to the trait version**:

**دستورالعمل­های نسخه صفتی شامل: دیدگاه شما به طور معمول نسبت به فعالیت­هایتان بوسیله هرکدام از اهداف زیر به چه میزان بوده است؟ خواه اهداف واقعی آن را به دست آورده باشید، خواه نه!**

**Sample instructions to state versions**:

**Current activity**:

**دستورالعمل­های نسخه حالتی در مطالعات مختلف شامل:**

**دیدگاه شما نسبت به فعالیت­های حال حاضرتان بوسیله هرکدام از اهداف زیر به چه میزان بوده است؟ خواه اهداف واقعی آن را به دست آورده باشید، خواه نه!**

**During the past week**:

**در طول هفته گذشته، دیدگاه شما نسبت به فعالیت­هایتان بوسیله هرکدام از اهداف زیر به چه میزان بوده است؟ خواه اهداف واقعی آن را به دست آورده باشید، خواه نه!**

**Sample instructions to situational versions**:

**Physical activities:**

**برای مثال، در حوزه فعالیت بدنی**

**دیدگاه شما نسبت به فعالیت های ورزشی بوسیله هرکدام از اهداف زیر به چه میزان بوده است؟ خواه اهداف واقعی آن را به دست آورده باشید، خواه نه!**

1 اصلاَ

7 خیلی زیاد

1. **در جستجوی آرامش بوده ای؟**

2. **در پی تکامل یک مهارت، یادگیری، یا به دست آوردن بینشی در مورد برخی چیزها؟**

3. **به دنبال انجام دادن چیزهایی که به آن اعتقاد داری؟**

4. **به دنبال خوشگذرانی؟**

5. **به دنبال پیگیری بهترین ها و یا ایده آلهای شخصی؟**

6.  **به دنبال لذت بردن؟**

7. **در پی آسان گرفتن کارها؟**

8. **به دنبال بهترین بودن در وجود خود؟**

9. **به دنبال سرگرمی؟**

10. **به دنبال کمک و یا همکاری با دیگران و یا جهان اطراف؟**

Behzadnia, B., & Ryan, R.M. (2018). Eudaimonic and hedonic orientations in physical education and their

relations with motivation and wellness. *International Journal of Sport Psychology*, *49*, 363-385.

**Portuguese HEEMA**

Independentemente de conseguir ou não realizar com sucesso o seu objetivo, identifique em que grau ou em que medida tipicamente realiza as suas atividades com cada uma das seguintes intenções.

1 de maneira

7 muito

1. Procurar relaxer?
2. Procurar desenvolver uma competência, aprender a fazer algo, ou compreender algo?
3. Procurar concretizar ou colocar em prática as suas convicções?
4. Procurar obter momentos de prazer?
5. Procurar aspirar à excelência ou atingir um ideal pessoal?
6. Procurar satisfação ou regojizo?
7. Procurar "ir com calma", descontrair?
8. Procurar usar o melhor que há em si, as suas qualidades?
9. Procurar divertir-se?
10. Procurar contribuir para o bem-estar dos outros ou do mundo à volta?
11. Procurar ter muito dinheiro e boas posses/bons bens materiais?
12. Procurar ter elevado status/estatuto social e prestígio?
13. Procurar ter poder e domínio sobre os outros?
14. Procurar ser admirado(a) e conhecido(a)?
15. Procurar ser popular e ter uma imagem social atrativa?
16. Procurar tornar as coisas confortáveis?

Ramos, L. A., Mira, T., & Costa, A. (2018). *Psychometric properties of the Portuguese version of the Hedonic,*

*Eudaimonic, and Extrinsic Motives for Activities scale (HEEMA)*. Unpublished data, University of Beira Interior, Faculty of Social and Human Sciences, Department of Psychology and Education.

**Chinese HEEMA**

Instructions to the trait version:

不管你是否真的达成了目标，请评价你通常在多大程度上使用以下每种意图参与你的活动。

1=代表根本没有

7=代表经常

1.寻求放松

2.寻求发展技能，学习或深入了解事物

3.寻求做你相信的事

4.寻求快乐

5.追求卓越或个人理想

6.寻求享受

7.寻求轻松

8.寻求发挥最好的自己

9.寻求乐趣

10.寻求为他人或周围世界做贡献

11. 寻求大量的金钱和好东西

12. 寻求较高的地位和声望

13. 寻求权力和对他人的支配

14. 力图被钦佩以及被广为人知

15. 力图被欢迎以及拥有迷人的社会形象

16. (备选：力图让生活舒适)

Items 1-10 translated by:

Li, W., Zhang, L., Jia, N., & Kong, F. (2021). Validation of the Hedonic and Eudaimonic Motives for

Activities-Revised Scale in Chinese Adults. *International Journal of Environmental Research and Public Health, 18*(8), 10, Article 3959.

Items 11-16 translated by:

Zhang, Q.\*, Zhang, L.\*\*, & Dang, J.\* (2020). *Chinese translation of Hedonic, Eudaimonic, and Extrinsic*

*Motives for Activities (HEEMA).* Unpublished raw data, Beijing Normal University\* and North Minzu University\*\*.

**Greek HEEMA**

**Κλίμακα ηδονικών και ευδαιμονικών κινήτρων για δραστηριότητες (ΗΕΕΜΑ – Hedonic and Eudaimonic Motives for Activities Scale)**

Σε ποιο βαθμό προσεγγίζετε συνήθως τις δραστηριότητες σας με κάθε μία από τις παρακάτω προθέσεις (σκοπούς), ανεξάρτητα από το αν πετυχαίνετε όντως τον στόχο σας;

Βαθμολογήστε πόσο σας αντιπροσωπεύει κάθε πρόταση από 1 (=καθόλου) έως 7 (=πάρα πολύ).

1 2 3 4 5 6 7

καθόλου μέτρια πάρα πολύ

1. Επιζητάτε τη χαλάρωση;

2. Επιζητάτε να εξελίσσετε μία δεξιότητα, να μαθαίνετε ή να εμβαθύνετε σε κάτι;

3. Επιζητάτε να πράττετε με βάση τα πιστεύω σας;

4. Επιζητάτε την απόλαυση;

5. Επιζητάτε να επιτύχετε την αριστεία ή ένα προσωπικό ιδεώδες;

6. Επιζητάτε την ευχαρίστηση;

7. Επιζητάτε να παίρνετε τα πράγματα πιο χαλαρά;

8. Επιζητάτε να χρησιμοποιείτε τις καλύτερες πτυχές του εαυτού σας;

9. Επιζητάτε τη διασκέδαση;

10. Επιζητάτε να συνεισφέρετε στους άλλους ή στο ευρύτερο κοινωνικό περιβάλλον;

11. Επιζητάτε να έχετε πολλά χρήματα και ωραία υπάρχοντα;

12. Επιζητάτε να έχετε υψηλή κοινωνική θέση (status) και κύρος;

13. Επιζητάτε ισχύ και κυριαρχία πάνω στους άλλους;

14. Επιζητάτε θαυμασμό και διασημότητα;

15. Επιζητάτε να είστε δημοφιλείς και κοινωνικά αρεστοί;

16. Επιζητάτε να σας «έρχονται τα πράγματα βολικά»;

Koumantarou Malisiova, E., Mourikis, I., Darviri,, C., Michou, M., Provi,K., Vlachakis, D., Bacopoulou, F.,

Papageorgiou, C., Chrousos, G. P. (2021). Validation of the Greek Version of Hedonic, Eudaimonic, and Extrinsic Motives for Activities (HEEMA) Instrument. *Advances in Experimental Medicine and Biology*, *1337*, 137-147.

**Turkish HEEMA**

**Aktiviteler için Hedonik, Ödamonik ve Dış Güdümlü Motivasyonlar Ölçeği (AHÖDMÖ)**

Gerçekleştireceğiniz aktivitelerde (amaçlarınıza ulaşamasanız dahi) aşağıda sıralanan niyetlerin sizin için ne kadar önemli olduğunu derecelendiriniz.

1 – Hiç önemli değil, 7 – Çok Fazla Önemli

|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
|  | 1 = Hiç Önemli Değil |  |  |  |  |  | 7= Çok Fazla Önemli |
| **1.** Rahatlama arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **2.** Bir beceriyi geliştirme, öğrenme veya bir şeyin içyüzünü anlama arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **3.** İnandığın şeyi yapma arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **4.** Haz arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **5.** Mükemmelliğin veya kişisel idealin peşinden gitme arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **6.** Zevk arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **7.** Kendini zorlamadan yapma arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **8.** Kendindeki en iyiyi kullanma arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **9.** Eğlence arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **10.** Diğerlerine ya da dünyaya katkıda bulunma arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **11.** Çok paraya ve güzel eşyalara sahip olma arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **12.** Yüksek statü ve prestij sahibi olma arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **13.** Başkaları üzerinde güç ve hakimiyet kurma arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **14.** Hayran olunma ve ünlü olma arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **15.** Popüler olma ve çekici bir sosyal imaja sahip olma arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| **16.** Konforlu hissetme arayışı | 1 | 2 | 3 | 4 | 5 | 6 | 7 |

Bozdemir, M. (2023). *Psychometric properties of the Turkish translation of the Hedonic,*

*Eudaimonic, and Extrinsic Motives for Activities scale (HEEMA)*. Unpublished data, Maltepe University, Psychology Department.

**Thai HEMA**

