

Adult Playfulness Trait Scale (APTS)

Below are a number of statements that can be used to describe people and their beliefs in general. Please respond as quickly and accurately as possible by indicating the extent to which you agree or disagree with each statement.

	Strongly Disagree	Moderately Disagree	Slightly Disagree	Neither Agree Nor Disagree	Slightly Agree	Moderately Agree	Strongly Agree
1. I don't always follow rules	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. When someone else starts something that is fun, I'm happy to follow along	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. Sometimes I can do things without worrying about consequences	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I try to have fun no matter what I am doing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I often do unplanned things	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I can find fun in most situations	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I appreciate fun things started by other people	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I often do things on the spur of the moment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. If I want to do something, I usually don't let what other people may think stop me	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I believe in having a good time	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. I often act upon my impulses	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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	Strongly Disagree	Moderately Disagree	Slightly Disagree	Neither Agree Nor Disagree	Slightly Agree	Moderately Agree	Strongly Agree
12. I understand social rules but most of the time I am not restricted by them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. I am often the person who starts fun things in a situation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. I enjoy fun things that other people initiate	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. I often pursue my spur-of-the-moment THOUGHTS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. I often follow my spur-of-the-moment FEELINGS	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. I think fun is a very important part in life	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. I don't fear losing anything by being silly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
19. I can make almost any activity fun for me to do	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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Subscale Composition:

The APTS (Shen, Chick, & Zinn, 2014a) was developed based on the latent-network trait conceptualization of playfulness, which viewed playfulness as a compound personality trait consisting of a network of inter-related internal dispositional qualities. It contains three sub-scales, each measuring an essential quality of the trait:

Fun-seeking Motivation refers to the motivation that drives the individual to actively derive fun from his or her internal and/or external environment. This sub-dimension includes yet another three sub-dimensions: *fun belief*, believing in the value of fun in life (measured by items 10, 17); *initiative*, actively creating fun activities (measured by items 4, 6, 13, 19); *reactivity*, being responsive to fun stimuli (measured by items 2, 7, 14).

Uninhibitedness refers to the ability to subdue potentially constraining situational factors and create a free, uninhibited mental state (measured by items 1, 3, 9, 12, 18).

Spontaneity refers to the mental propensity to respond promptly without deep thought or premeditation (measured by items 5, 8, 11, 15, 16).

Using the APTS:

In the original scale development and validation studies conducted by the authors (Shen et al. 2014a, 2014b), all items were randomly ordered (as presented in this document). Alternatively, researchers may order items by sub-scales (i.e., grouping items that belong to the same sub-scale together, see Table 1 in Shen et al. 2014a).

When using the APTS to study how playfulness relates to other variables, researchers may compute a composite “playfulness” score for the entire scale, as well as separate scores for each sub-scale. The latter allows researchers to examine how different aspects of playfulness relate to other variables for a more intricate understanding.

There are three ways to compute a composite score, each with pros and cons: (a) estimating the corresponding factor score, (b) summing the corresponding set of items, and (c) averaging across the corresponding set of items. Note that (a) accounts for the relative weight of each subscale and item. In (b), the relative weight of each subscale is affected by its number of items, while (c) assumes equal weight of all subscales. Both (b) and (c) treat all items as if they have equal weight.

Reliability and Validity Evidence:

Shen, Chick, and Zinn (2014a) presented supporting evidence for the APTS’ face validity, content validity and structure validity, as well as internal consistency form of reliability. Study sample: adults in a northern east city in the U.S.

Shen, Chick, and Zinn (2014b) reported supporting evidence for the APTS’ predictive validity, concurrent validity, and convergent validity. Study sample: adults in a northern east city in the U.S.

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Shen, Chick, and Pitas (2017) confirmed the structure validity of the APTS. Study sample: young adults in a northern east city in the U.S.

Sadiye et al. (2016) supported the three-level hierarchical construct structure of the APTS with high to acceptable internal consistency for each subscale and the entire scale. Study sample: a group of adult teacher candidates in Turkey.

The APTS in Comparison

Read this [research note](https://www.researchgate.net/project/Measuring-Playfulness) (<https://www.researchgate.net/project/Measuring-Playfulness>) to learn how the APTS performs in comparison with other existing measurements of playfulness.

The APTS in Other Languages (as of October, 2018):

The APTS-English version has been or is being translated into a number of languages, including Korean, Chinese, Hebrew, Arabic, Persian, Indonesian, Serbian and Turkish. If you are looking for the APTS in another language, please search journals in the corresponding language to see if it already exists. If you are looking to translate the APTS into another language, you may find this [Guidelines for Translating Surveys in Cross-Cultural Research](#) to be useful.

Citations:

Shen, X., Chick, G., & Pitas, N. (2017). From playful parents to adaptable children: A structural equation model of the relationships between playfulness and adaptability among young adults and their parents. *International Journal of Play*, 6(3), 244-254. DOI: 10.1080/21594937.2017.1382983

Shen, X., Chick, G., & Zinn, H. (2014a). Playfulness in adulthood as a personality trait: A reconceptualization and a new measurement. *Journal of Leisure Research*, 46(1), 58-83.

Shen, X., Chick, G., & Zinn, H. (2014b). Validating the Adult Playfulness Trait Scale (APTS): An examination of personality, behavior, attitude, and perception in the nomological network of playfulness. *American Journal of Play*, 6(3), 345-369.

Yurt, Ö., Keleş, S., & Koğar, H. (2016). Yetişkin eğlence eğilimi özeliği ölçeği Türkçe formunun psikometrik özelliklerinin incelenmesi (Examination of psychometric properties of the Turkish form of adult playfulness trait scale-APTS). *Journal of Human Sciences*, 13(1). 650-662. Doi:10.14687/ijhs.v13i1.3539