

Measurement of the Perception of a Stimulating Environment Questionnaire (MPSEQ)

(Chatard A, Barillot L, Besnier M, et al. Measurement of the Perception of a Stimulating Environment Questionnaire, unpublished)

Please indicate your degree of agreement with the statements below using the following response scale: 1 = Strongly disagree; 2 = Disagree; 3 = Somewhat disagree; 4 = Neither agree nor disagree; 5 = Somewhat agree; 6 = Agree; 7 = Strongly agree

1. My immediate environment is rich in sensations and stimuli of all kinds ____
2. Often, I tell myself that my life is not very exciting ____
3. I practice many physical and/or sports activities ____
4. My physical and/or sports activities are a source of personal development ____
5. I have a rich inner life ____
6. I play and/or listen to a lot of music ____
7. I watch a lot of exiting and stimulating films and documentaries ____
8. I have a lot of friends and social connections ____
9. My social relationships are rich and stimulating ____
10. I do many diverse and varied activities ____
11. I have a passion in life (ex: a hobby) ____
12. I live in a stimulating environment ____
13. I have the impression that my daily environment is boring, that it is always the same ____