

Actions to Improve Mood by Residents inventory (AIM-R)

ACTIONS TO IMPROVE THE MOOD OF NURSING HOME RESIDENTS

Questionnaire for residents

INSTRUCTION

This questionnaire contains different types of activities and hobbies that people can enjoy. We would like to know how often you do these activities **in an average week**. We will also ask you if it makes you happy.

The questionnaire consists of several topics. The first topic is physical activity.

PHYSICAL ACTIVITY

Description: Activities focused on **physical activity**.

Examples:

- Walking, outdoors or indoors (across the hallway)
- Moving while seated
- Gymnastics
- Exercise group
- Dancing
- Cycling
- Billiards
- *Or any other activity focused on physical activity*

Regarding physical activity:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

CONTACT BY TOUCHING

Description: Activities aimed at **physical contact by touching**.

Like touching people, animals, or stuffed animals.

Examples:

- Hugging/embracing someone
- Holding someone's hand
- Petting animals
- Holding a (robot) stuffed animal on your lap
- *Or any other activity aimed at contact through touch*

Regarding contact by touching:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

TAKING CARE OF THE APPEARANCE

Description: Activities aimed at **taking care of your appearance**.

This concerns extra things, **not** daily care such as washing, dressing, and brushing teeth.

Examples:

- Going to the hairdresser
- Having feet or hands taken care of
- Dressing nicely
- Picking out new clothes
- Wearing jewellery
- Using perfume or aftershave
- *Or any other activity aimed at taking care of your appearance*

Regarding taking care of your appearance:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

RELAXATION

Description: Activities aimed at **resting or relaxing**, physically or mentally.

This is ***not*** about taking an afternoon nap, for example.

It ***is*** about **consciously doing something** to relax or unwind.

Examples:

- Doing yoga or relaxation exercises
- Listening to relaxing music
- Lying on a waterbed (a water-filled rubber or plastic mattress)
- *Or any other activity aimed at relaxation*

Regarding activities aimed at relaxation:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

HEALTHY LIVING

Description: Activities aimed at **healthy living**.

Examples:

- Getting daylight (e.g., sitting outside or sitting by the window)
- Opening the window
- Maintaining good balance between being active and taking a rest
- Eating healthy
- Going to bed and getting up at the same times
- *Or any other activity aimed at healthy living*

Regarding activities aimed at healthy living:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

HOUSEHOLD ACTIVITIES

Description: Activities aimed at the **household**.

Examples:

- Helping with cooking
- Washing dishes, loading/unloading the dishwasher
- Folding laundry
- Grocery shopping
- *Or any other activity aimed at the household*

Regarding household activities:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

CREATING SOMETHING

Description: Activities aimed at **creating something**.

Examples:

- Crafts
- Flower arranging
- Painting
- Creating cards
- Jobs
- Baking
- Photography
- *Or any other activity focused on creating something*

Regarding pursuits focused on creating something:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

BRAIN STIMULATION

Description: Activities aimed at **stimulating your brain**.

Examples:

- Reading (book, newspaper)
- Puzzles
- Cards
- Chess
- Playing games
- Following news
- Computing (tablet, laptop)
- Participating in knowledge quizzes
- *Or any other activity aimed at stimulating the brain*

Regarding brain stimulation:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

MUSIC

Description: Activities related to **music**.

Think of making music or listening to it attentively.

Examples:

- Listening to music (radio, CDs, LPs)
- Singing
- Playing an instrument
- Going to a concert
- *Or any other music-focused activity*

Concerning music-focused activities:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

GOING OUT

Description: Activities aimed at **going out**.

Examples:

- To city/village
- Theatre or museum
- Park or forest
- Restaurant, cafe, terrace (from the nursing home [residential care center] or elsewhere)
- *Or any other activity aimed at going out*

Regarding going out:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

PRECIOUS MEMORIES

Description: Retrieving activities aimed at **precious memories**.

Examples:

- Looking at photos
- Talking about the past
- Writing about events in your life (memoirs)
- Reminiscing through e.g., music, film, or a book
- Going to places that evoke memories
- Doing hobbies or work from the past
- *Or any other activity focused on precious memories*

As for retrieving precious memories:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

STIMULATING THE SENSES

Description: Activities aimed at consciously **stimulating your senses:** seeing, hearing, smelling, feeling, and tasting.

This is ***not*** about listening to music or making contact through touch.

Examples:

- Listening to nature sounds
- Feeling fabrics and materials
- Participating in tastings
- Using fragrance sticks
- *Or any other activity aimed at stimulating the senses*

Regarding stimulating your senses:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

CONTACT WITH OTHERS

Description: Activities aimed at social **contact with others**.

Remembering family, friends, fellow residents, staff, volunteers.

Examples:

- Drinking coffee together
- Chatting
- Walking together
- Inviting or visiting others
- Sending a card
- Calling
- *Or any other activity aimed at contact with others*

Regarding contact with others:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

NATURE

Description: Activities focused on **nature**.

Think of activities **inside** and **outside** the nursing home (residential care centre).

Examples:

- Walking outdoors
- Sitting outside (on the balcony)
- Gardening
- Going to the garden, forest, or park
- Caring for flowers or plants
- Listening to nature sounds or watching a nature movie
- Contact with (pets) animals
- *Or any other activity focused on nature*

Regarding activities focused on nature:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

FAITH AND MEANING

Description: Activities focused on **faith and meaning**.

Examples:

- Praying
- Going to a prayer room
- Talking to a spiritual caregiver
- Talking about faith
- Talking about life questions
- *Or any other activity focused on faith or meaning*

Regarding pursuits focused on faith and meaning:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

DOING SOMETHING FOR SOMEONE ELSE

Description: Activities aimed at consciously **doing something for someone else**.

Think of practical activities **inside** and **outside** the nursing home (residential care centre).

Examples:

- Helping with setting the table or cooking
- Helping other residents with food or taking them somewhere
- Being a member of the client council/residents council
- Being a member of or participating in an association
- Volunteering
- *Or any other activity focused on doing something for someone else*

Regarding doing something for another person:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

SECURITY AND WARMTH

Description: Activities aimed at **security and warmth**.

Think of offering security or warmth to family, friends, fellow residents, employees, or volunteers.

Examples:

- Reassuring, comforting, or supporting others
- Paying attention to the problems of others
- Being attentive to important events in the lives of others (e.g., pregnancy, weddings, holidays)
- Paying attention to the interests or activities of others
- Hugging/embracing
- *Or any other activity aimed at security and warmth*

Regarding activities focused on security and warmth:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy

POSITIVE ATTITUDE

Description: Activities aimed at a **positive attitude**.

Examples:

- Giving compliments
- Using humour (making a joke)
- Starting the day with a fun activity
- Greeting others in the hallway
- *Or any other activity focused on a positive attitude*

Regarding activities aimed at a positive attitude:

1. How often do you do this in an average week?

- ☐ Never
- ☐ Occasionally
- ☐ Regularly
- ☐ Frequently
- ☐ Very often

2. If you do (or would do) this, does this make you feel happy?

- ☐ No
- ☐ Yes, a bit happy
- ☐ Yes, very happy