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### The relationship Between Anticipatory Pleasure and Effort-Based Decision Making

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# THE RELATIONSHIP BETWEEN ANTICIPATORY PLEASURE AND EFFORT-BASED DECISION MAKING

*Annie Lee*

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The willingness to exert effort in one's daily life is an essential component in leading a healthy lifestyle in order to pursue goals and complete everyday tasks. One must be willing to invest effort to complete daily tasks, such as driving to the grocery store or dedicating time to finish homework. One potential underpinning mechanism for such effort allocation in individuals may be anticipatory pleasure, the experience of pleasure one feels when anticipating future rewards. The Effort-Expenditure for Rewards Task (EEfRT) was conducted to examine effort allocation in response to different levels of reward, effort level (hard or easy), and probability of receiving the reward. The Temporal Experience of Pleasure Scale (TEPS) was administered to measure each individual's capacity to experience anticipatory pleasure. I hypothesized that the more an individual experiences looking forward to engaging in a certain pleasurable future activity, in other words, having higher trait levels of anticipatory pleasure, the more willing he or she will be to exert effort and choose the hard task to receive a monetary reward. Results showed that participants chose the hard task more often when the reward value and probabilities were high. However, contrary to what was predicted, a negative relationship between anticipatory TEPS scores and percentage of hard task choice, suggesting that participants who reported having less anticipatory pleasure in daily life tended to choose the hard task. This data indicates that further studies should be conducted in order to examine the relationship between anticipatory pleasure and effort-based decision making in the general population.