

Revised Life Orientation Test (LOT-R)

Instructions:

Please answer the following questions about yourself by indicating the extent of your agreement using the following scale:

- [0] = strongly disagree
- [1] = disagree
- [2] = neutral
- [3] = agree
- [4] = strongly agree

Be as honest as you can throughout, and try not to let your responses to one question influence your response to other questions. There are no right or wrong answers.

- _____ 1. In uncertain times, I usually expect the best.
- _____ 2. It's easy for me to relax.
- _____ 3. If something can go wrong for me, it will.
- _____ 4. I'm always optimistic about my future.
- _____ 5. I enjoy my friends a lot.
- _____ 6. It's important for me to keep busy.
- _____ 7. I hardly ever expect things to go my way.
- _____ 8. I don't get upset too easily.
- _____ 9. I rarely count on good things happening to me.
- _____ 10. Overall, I expect more good things to happen to me than bad.

Scoring:

1. Reverse code items 3, 7, and 9 prior to scoring (0=4) (1=3) (2=2) (3=1) (4=0).
2. Sum items 1, 3, 4, 7, 9, and 10 to obtain an overall score.

Note Items 2, 5, 6, and 8 are filler items only. They are not scored as part of the revised scale.

The revised scale was constructed in order to eliminate two items from the original scale, which dealt more with coping style than with positive expectations for future outcomes. The correlation between the revised scale and the original scale is .95.

Reference:

Scheier, M.F., Carver C.S., and Bridges, M.W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A re-evaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, **67**, 1063-1078.