Life Orientation Test-Revised

Source: The items come from the Life Orientation Test-Revised (LOT-R). Public Domain


Scale Description: The Life Orientation Test (LOT) is a 10-item scale that was developed to assess individual differences in generalized optimism versus pessimism. This measure has been used in a good deal of research on the behavioral, affective, and health consequences of the Optimism/Pessimism dimension.

Scoring and Algorithm

Note: For each assessment, there is a scoring algorithm leading to one of three acuity ranges: Low, Moderate, or High.

Each item is scored 0-4, so that high values imply optimism as indicated below. Possible range of Total scores is 0-24.

Total score is sum of all 6 (non-filler) items. Ignore scores for filler items, numbers 2, 5, 6, 8.

To determine Total Score reverse scores for items 3, 7, and 9.
TOTAL SCORE is to be used in Scoring Algorithm.

Algorithm

<table>
<thead>
<tr>
<th>Total</th>
<th>Acuity</th>
</tr>
</thead>
<tbody>
<tr>
<td>19-24</td>
<td>High Optimism</td>
</tr>
<tr>
<td>14-18</td>
<td>Moderate Optimism</td>
</tr>
<tr>
<td>0-13</td>
<td>Low Optimism</td>
</tr>
</tbody>
</table>
Optimism Assessment

Using the scale below as a guide, indicate how much you agree with each statement below.

0 = Strongly Disagree
1 = Disagree
2 = Neutral
3 = Agree
4 = Strongly Agree

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 am 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. _____

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