



Life Orientation Test-Revised

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

References: Scheier, M.F. & Carver, C.S. (1985). Optimism, coping, and health: Assessment and implications of generalized outcome expectancies. *Health Psychology*, 4, 219-247

Scheir, M.F., Carver, C.S., & 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

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

Total = 19-24

High Optimism

Total = 14-18

Moderate Optimism

Total = 0-13

Low Optimism



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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