HOPE ASSESSMENT

Source: The items come from the 8-item Adult Hope Scale. Used with Permission

Reference: Snyder, C. R., Harris, C., Anderson, J. R., Holleran, S. A., Irving, L. M., Sigmon, S. T., et al. (1991). The will and the ways: Development and validation of an individual-differences measure of hope. *Journal of Personality and Social Psychology,* 60, 570-585*.*

Scale Description: The Adult Hope Scale (AHS) measures hope, defined as "a positive motivational state that is based on an interactively derived sense of successful (a) agency (goal-directed energy), and (b) pathways (planning to meet goals)".

Scoring and Algorithm

Note: For each assessment, there is an algorithm leading to one of three acuity ranges, Low, Moderate, or High. The logic for the user receiving specific feedback is included in the algorithms below.

Each item is scored 1-4, as indicated below. Total is sum of all 8 items, possible range for total is 8-32.

All items are scored:

Definitely False = 1
Mostly False = 2
Mostly True = 3
Definitely True = 4

Algorithm

Total = 24-32   Hope Feedback #1
Total = 17-23   Hope Feedback #2
Total = 8-16   Hope Feedback #3

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<u>Directions</u>: Read each item carefully. Using the scale shown below, please select the number that best describes YOU and put that number in the blank provided.

1 = Definitely False   2 = Mostly False   3 = Mostly True   4 = Definitely True

1. I energetically pursue my goals.

2. I can think of many ways to get out of a jam.

3. My past experiences have prepared me well for my future.

4. There are lots of ways around any problem.

5. I've been pretty successful in life.

6. I can think of many ways to get the things in life that are important to me.

7. I meet the goals that I set for myself.

8. Even when others get discouraged, I know I can find a way to solve the problem.