

Hope Scale

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Name _____ Date _____

Hope is a feeling of expectation, belief, and/or desire for a certain thing to happen or to be the case. People who have hope believe that there will be positive things happening in their future. Rather than sitting back and hoping for good things to happen, they take steps to ensure things work out in their favor.

Directions

This scale contains 3 sections of 6 statements each. Read each of the statements and decide whether the statement describes you or not. If the statement describes you, circle the number in the DESCRIBES ME column next to that item. If the statement does not describe you, circle the number in the DOES NOT DESCRIBE ME column next to that item.

In the following examples, the circled 2 indicates the person completing the scale believes the statement describes him or her.

| Statements | Describes Me | Does Not Describe Me |
|---------------------------|--------------|----------------------|
| I am an optimistic person | 2 | 1 |

This is not a test. Since there are no right or wrong answers, do not spend too much time thinking about your answers.

Hope Scale

| Statements | Describes Me | Does Not Describe Me |
|---|--------------|----------------------|
| I am an optimistic person | 2 | 1 |
| I surround myself with optimistic people | 2 | 1 |
| I am hopeful about the future even when life is difficult | 2 | 1 |
| I see the glass as half-full | 2 | 1 |
| I try to stay positive even though things aren't going well at the moment | 2 | 1 |
| I am able to see many possibilities in my future | 2 | 1 |

Scale OA Total _____

| STATEMENTS | Describes Me | Does Not Describe Me |
|--|--------------|----------------------|
| I set clear short-term everyday goals | 2 | 1 |
| I set reasonable goals | 2 | 1 |
| I have multiple strategies for reaching my goals | 2 | 1 |
| I set long-term goals to work toward | 2 | 1 |
| I prioritize my goals | 2 | 1 |
| I set a new goal once I have achieved my goal | 2 | 1 |

Scale GO Total _____

| Statements | Describes Me | Does Not Describe Me |
|--|--------------|----------------------|
| I consider different ways to achieve a positive outcome | 2 | 1 |
| I expect to have positive outcomes for the goals I set | 2 | 1 |
| I do not let unexpected situations stop me from reaching my goal | 2 | 1 |
| I am motivated, even when the going gets tough | 2 | 1 |
| I bounce back when I am faced with a setback | 2 | 1 |
| I do not give up until I have completed a task | 2 | 1 |

Scale PO Total _____

Scoring Directions

The *Hope Scale* you just completed is designed to measure how much hope you have in your life. On the previous page, total the scores you circled and transfer that number below. Place each number on the continuum line of the matching scale below to find your level of the three aspects of hope.

| | | | | |
|-----------|----------------------------|--------------|---|-------|
| OA | Optimistic Attitude | Total | = | _____ |
| GO | Goal Orientation | Total | = | _____ |
| PO | Positive Outcomes | Total | = | _____ |

Profile Interpretation

SCALE OA - Optimistic Attitude

This scale measures a person's mental attitude with the tendency to have a favorable view on situations in life and to see the most favorable options.

6 = Low

9 = Moderate

12 = High

SCALE GO - Goal Orientation

This scale measures a person's desire to set and work toward personal and professional goals. Goal-oriented people can see what they are trying to achieve clearly and vividly in their minds.

6 = Low

9 = Moderate

12 = High

SCALE PO - Positive Outcomes

This scale measures a person's attitude of expecting favorable options with the desire to pursue, grow, and succeed in their endeavors.

6 = Low

9 = Moderate

12 = High

Research & Development

This section outlines the stages involved in the development of the Hope Scale (Leutenberg & Liptak, 2016). The research & development section includes guidelines for development, norm development, and testing.

Leutenberg, E.R.A., & Liptak, J.J. (2016). *The Journey to Transcendence Teen Workbook*. Bohemia, NY: Bureau for At-Risk Youth.

Guidelines for Development

The Hope Scale was developed to fill the need for a quick, reliable instrument to help people assess their current level of hope. The assessment consists of three scales, each containing six items that explore the respondent's hopeful attitude, goal orientation, and expectations about future success. The Hope Scale also provides teachers and therapists with information they can use to help people begin their path to greater hope.

The Hope Scale was administered to people from diverse cultural backgrounds. Table 1 shows the results of this study.

| Table 1: Means and Standard Deviations (N = 72) | | |
|--|-------------|-------------|
| Scales | Mean | SD |
| Optimistic Attitude | 9.85 | 1.08 |
| Goal Orientation | 9.74 | 1.31 |
| Positive Outcomes | 9.78 | 1.19 |