

Adult Hope Scale

Name:

Date:

Directions: 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	5 = Slightly True
2 = Mostly False	6 = Somewhat True
3 = Somewhat False	7 = Mostly True
4 = Slightly False	8 = Definitely True

Item	Rating
1. I can think of many ways to get out of a jam	
2. I energetically pursue my goals	
3. I feel tired most of the time.	
4. There are lots of ways around any problem.	
5. I am easily downed in an argument.	
6. I can think of many ways to get the things in life that are important to me.	
7. I worry about my health.	
8. Even when others get discouraged, I know I can find a way to solve the problem.	
9. My past experiences have prepared me well for my future.	

10. I've been pretty successful in life.	
11. I usually find myself worrying about something.	
12. I meet the goals that I set for myself.	
Agency subscale score	
Pathway subscale score	
Total score	

Scoring

The score for the agency subscale is calculated by adding up items 2, 9, 10, and 12, while the score for the pathway subscale is determined by summing items 1, 4, 6, and 8. To obtain the total score for the Hope Scale, add together the scores from the four agency items and the four pathway items.

Additional notes

Reference

Snyder, C. R., Harris, C., Anderson, J. R., Holleran, S. A., Irving, L. M., Sigmon, S. T., Yoshinobu, L., Gibb, J., Langelle, C., & Harney, P. (1991). The Adult Hope Scale: Development of an expanded self-report inventory. *Journal of Clinical Psychology, 42*(6), 1064-1075.