

# Herth Hope Index

Name: \_\_\_\_\_ Date: \_\_\_\_\_

The Herth Hope Index is a tool used to measure an individual's level of hope. Listed below are a number of statements. Read each statement and select the option that describes how much you agree with that statement right now.

	(1) Strongly disagree	(2) Disagree	(3) Agree	(4) Strongly agree
1. I have a positive outlook towards life.				
2. I have short and/or long range goals.				
3. I feel all alone.*				
4. I can see possibilities in the midst of difficulties.				
5. I have a faith that gives me comfort.				
6. I feel scared about my future.*				
7. I can recall happy/joyful times.				
8. I have deep inner strength.				
9. I am able to give and receive caring/love.				
10. I have a sense of direction.				
11. I believe that each day has potential.				
12. I feel my life has value and worth.				

Total score: \_\_\_\_\_

## Scoring

Scoring involves adding up points from each statement. Items 3 and 6 require reverse scoring. (These are marked by an asterisk\*). The maximum possible score on the full scale is 48, with higher scores indicating greater levels of hope.

Herth, P. (1992). Hope as a nursing construct: Renewing the spirit of care. *Nursing Science Quarterly*, 5, 129-135.