Revised Life Orientation Test (LOT-R)

Patient name: _____ **Gender:** _____

Date of birth: _____ **Date of test:** _____

Instructions

Please answer the following questions about yourself by indicating the extent of your agreement using the following scale:

[0] = strongly disagree; **[1]** = disagree; **[2]** = neutral; **[3]** = agree; **[4]** = strongly agree

Be as honest as you can throughout, and try not to let your responses to one question influence your response to other questions. Remember, there are no right or wrong answers for this test.

Statements	0	1	2	3	4
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'm 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 happening to me.					
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.					
Total score:					

Scoring

1. Reverse code items 3, 7, and 9 prior to scoring (0=4) (1=3) (2=2) (3=1) (4=0)
2. Sum items 1, 3, 4, 7, 9, and 10 to obtain the overall score.

Note: Items 2, 5, 6, and 8 are filler items only. They are not scored as part of the revised scale.

The LOT-R does not have specific cutoff points prescribed by the original developers since it is primarily intended for research purposes, with reported average scores varying among different populations.

The revised scale was constructed to eliminate two items from the original scale, which dealt more with coping style than with positive expectations for future outcomes. The correlation between the revised scale and the original scale is 95.

Reference

Scheier, M. F., Carver, C. S., & Bridges, M. W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A reevaluation of the Life Orientation Test. *Journal of Personality and Social Psychology, 67*(6), 1063–1078. https://doi.org/10.1037//0022-3514.67.6.1063