

Revised Life Orientation Test (LOT-R)

This survey accompanies a measure in the SPARQTools.org [Measuring Mobility toolkit](#), which provides practitioners curated instruments for assessing mobility from poverty and tools for selecting the most appropriate measures for their programs.

Age: Adult

Duration: < 3 minutes

Reading Level: < 6th grade

Number of items: 10

Answer Format: 0 = strongly disagree; 1 = disagree; 2 = neutral; 3 = agree; 4 = strongly agree.

Scoring:

Q2, Q5, Q6, Q8 are filler questions and should not be used to calculate a final score.

Q3, Q7, and Q9 should be reverse-scored. Reverse-scored items are worded in the opposite direction of what the scale is measuring. The formula for reverse-scoring an item is:

$$((\text{Number of scale points}) + 1) - (\text{Respondent's answer})$$

For example, Q7 is a 5-point scale. If a respondent answered 3 on Q7, you would re-code their answer as: $(5 + 1) - 3 = 2$.

In other words, you would enter a 2 for this respondents' answer to Q7.

To calculate the total score for each participant, sum all responses, except the filler questions, for a score ranging from 0 to 24.

Sources:

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.

Instructions: Please respond as accurately and honestly as you can. There are no right or wrong answers. Please circle your answer below.

1. In uncertain times, I usually expect the best.

Strongly disagree

Disagree

Neutral

Agree

Strongly agree

2. It's easy for me to relax.

Strongly disagree

Disagree

Neutral

Agree

Strongly agree

3. If something can go wrong for me, it will.

Strongly disagree

Disagree

Neutral

Agree

Strongly agree

4. I'm always optimistic about my future.

Strongly disagree

Disagree

Neutral

Agree

Strongly agree

5. I enjoy my friends a lot.

Strongly disagree

Disagree

Neutral

Agree

Strongly agree

6. It's important for me to keep busy.

Strongly disagree

Disagree

Neutral

Agree

Strongly agree

7. I hardly ever expect things to go my way.

Strongly disagree

Disagree

Neutral

Agree

Strongly agree

8. I don't get upset too easily.

Strongly disagree

Disagree

Neutral

Agree

Strongly agree

9. I rarely count on good things happening to me.

Strongly disagree

Disagree

Neutral

Agree

Strongly agree

10. Overall, I expect more good things to happen to me than bad.

Strongly disagree

Disagree

Neutral

Agree

Strongly agree