

THE ADULT HOPE SCALE

The Adult Hope Scale measures a person's level of hope according to Snyder's definition of hope as "a positive motivational state that is based on an interactively derived sense of successful (a) agency (goal-directed energy), and (b) pathways (planning to meet goals)". The Adult Hope Scale thus consists of two subscales, with one measuring agency thinking, and one measuring pathways thinking.

INSTRUCTIONS FOR SCORING

Sum up items 2, 9, 10 and 12 for the Agency subscale, and items 1, 4, 6, and 8 for the Pathway subscale. The Total Hope Score is derived from summing up the Agency subscale and the Pathway subscale score.

KEY REFERENCE

- Snyder, C. R., Harris, C., Anderson, J. R., Holleran, S. A., Irving, L. M., Sigmon, S. T., et al.(1991). The will and the ways: Development and validation of an individual-differences measure of hope. *Journal of Personality and Social Psychology*, 60, 570-585.
- Snyder, C. R. (1994). *The psychology of hope: You can get there from here*. New York: Free Press.
- Snyder, C. R. (2002). Hope theory: Rainbows in the mind. *Psychological Inquiry*, 13, 249-275.

TIME TAKEN TO COMPLETE

5 minutes

THE ADULT HOPE SCALE

Read each item carefully. Using the 1-8 scale below, please select the number that best describes you and put that number in the blank provided.

- 8** = Definitely True
- 7** = Mostly True
- 6** = Somewhat True
- 5** = Slightly True
- 4** = Slightly False
- 3** = Somewhat False
- 2** = Mostly False
- 1** = Definitely False

_____ I can think of many ways to get out of a jam.

_____ I energetically pursue my goals.

_____ I feel tired most of the time.

_____ There are lots of ways around any problem.

_____ I am easily downed in an argument.

_____ I can think of many ways to get the things in life that are important to me.

_____ I worry about my health.

_____ Even when others get discouraged, I know I can find a way to solve the problem.

_____ My past experiences have prepared me well for my future.

_____ I've been pretty successful in life.

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_____ I usually find myself worrying about something.

_____ I meet the goals that I set for myself.

_____ **Agency Subscale** (Items 2, 9, 10 and 12)

_____ **Pathway Subscale** (Items 1, 4, 6 and 8)

_____ **Total Hope Score**