

Revised Life Orientation Test (LOT-R)

Patient name: John Smith Gender: Male

Date of birth: January 15, 1985 Date of test: October 22, 2024

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.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
2. It's easy for me to relax.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
3. If something can go wrong for me, it will.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
4. I'm always optimistic about my future.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
5. I enjoy my friends a lot.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
6. It's important for me to keep busy.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
7. I hardly ever expect things happening to me.	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
8. I don't get upset too easily.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>
9. I rarely count on good things happening to me.	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>
10. Overall, I expect more good things to happen to me than bad.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input checked="" type="radio"/>
Total score:					18

Scoring

- Reverse code items 3, 7, and 9 prior to scoring (0=4) (1=3) (2=2) (3=1) (4=0)
- 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>

Revised Life A

IM Harris



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Table of Contents Revised Life A

1. Understanding the eBook Revised Life A
 - The Rise of Digital Reading Revised Life A
 - Advantages of eBooks Over Traditional Books
2. Identifying Revised Life A
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Revised Life A
 - User-Friendly Interface
4. Exploring eBook Recommendations from Revised Life A
 - Personalized Recommendations
 - Revised Life A User Reviews and Ratings
 - Revised Life A and Bestseller Lists
5. Accessing Revised Life A Free and Paid eBooks
 - Revised Life A Public Domain eBooks
 - Revised Life A eBook Subscription Services

- Revised Life A Budget-Friendly Options
- 6. Navigating Revised Life A eBook Formats
 - ePub, PDF, MOBI, and More
 - Revised Life A Compatibility with Devices
 - Revised Life A Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Revised Life A
 - Highlighting and Note-Taking Revised Life A
 - Interactive Elements Revised Life A
- 8. Staying Engaged with Revised Life A
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Revised Life A
- 9. Balancing eBooks and Physical Books Revised Life A
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Revised Life A
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine Revised Life A
 - Setting Reading Goals Revised Life A
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Revised Life A
 - Fact-Checking eBook Content of Revised Life A
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
- 14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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