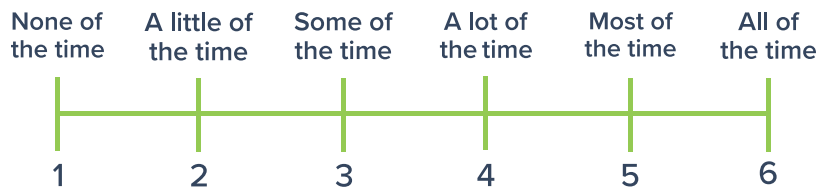


## THE HOPE SCALE

**DIRECTIONS:** Read each sentence carefully. For each sentence, please think about how you are in most situations. Using the scale shown below, please select the number that best describes you and put that number in the blank provided. There are no right or wrong answers.



- \_\_\_\_\_ 1. I think I am doing pretty well.
- \_\_\_\_\_ 2. I can think of many ways to get through the things in life that are most important to me.
- \_\_\_\_\_ 3. I am doing just as well as other kids my age.
- \_\_\_\_\_ 4. When I have a problem, I can come up with lots of ways to solve it.
- \_\_\_\_\_ 5. I think the things that I have done in the past will help me in the future.
- \_\_\_\_\_ 6. Even when others want to quit, I know that I can find ways to solve the problem.

The **AGENCY** subscale score is the sum of items 1, 3 and 5; the **PATHWAYS** subscale score is the sum of items 2, 4 and 6. **HOPE** is the sum of the three **PATHWAYS** and three **AGENCY** items. Scores can range from a low of 6 to a high of 36.

**AGENCY SCORE** \_\_\_\_\_  
ADD ITEMS 1, 3 AND 5

**PATHWAYS SCORE** \_\_\_\_\_  
ADD ITEMS 2, 4 AND 6

**TOTAL HOPE SCORE** \_\_\_\_\_  
AGENCY SCORE + PATHWAYS SCORE

Snyder, C. R., Hoza, B., Pelham, W. E., Rapoff, M., Ware, L., Danovsky, M., ... & Stahl, K. J., "The development and validation of the Children's Hope Scale," Journal of Pediatric Psychology, 22 (3), 1997, pp. 399-421

