

Adult Hope Scale (AHS)

Category: Wellbeing | Items: 12 | Time: ~2-3 min

Description / When to Use

12-item measure of dispositional hope with agency and pathways subscales.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 12 items in this scale. Estimated completion time: 2-3 min.

Scale Items

1. I can think of many ways to get out of a jam.
2. I energetically pursue my goals.
3. I feel tired most of the time.
4. There are lots of ways around any problem.
5. I am easily downed in an argument.
6. I can think of many ways to get the things in life that are important to me.
7. I worry about my health.
8. Even when others get discouraged, I know I can find a way to solve the problem.
9. My past experiences have prepared me well for my future.
10. I've been pretty successful in life.
11. I usually find myself worrying about something.
12. I meet the goals that I set for myself.

Scoring Guide

Score according to instrument-specific rules. See original publication.

Cutoff Interpretation

Score Range	Severity	Recommended Action
8–32	Low hope	Consider hope-focused intervention
33–48	Moderate hope	Monitor
49–64	High hope	Maintain

Psychometric Properties

See original validation study for reliability and validity data.

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Citation (APA Format)

Snyder, C. R., Harris, C., Anderson, J. R., Holleran, S. A., Irving, L. M., Sigmon, S. T., Yoshinobu, L., Gibb, J., Langelle, C., & Harney, P. (1991). The will and the ways: Development and validation of an individual-differences measure of hope. *Journal of Personality and Social Psychology*, 60(4), 570-585.

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Disclaimer: Sum 4 agency items (2, 9, 10, 12) and 4 pathways items (1, 4, 6, 8) scored 1-8 (definitely false to definitely true). Total hope score = agency + pathways. Range 8-64. Four items (3, 5, 7, 11) are fillers and not scored.