

# Life Orientation Test-Revised (LOT-R)

Category: Personality | Items: 10 | Time: ~2 min

## Description / When to Use

10-item measure of dispositional optimism with 4 filler items.

## Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 10 items in this scale. Estimated completion time: 2 minutes.

## Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

## Response Options

0 = Strongly disagree | 1 = Disagree | 2 = Neutral | 3 = Agree | 4 = Strongly agree

## Scoring Guide

Sum 6 scored items (3 optimism + 3 pessimism reversed). Range 0-24 after item reversal. Higher = more optimistic.

Reverse-scored items: 3, 7, 9

## Cutoff Interpretation

Score Range	Severity	Recommended Action
0-12	Pessimistic	Consider resilience training
13-18	Moderate	Monitor
19-24	Optimistic	Maintain

## Psychometric Properties

Cronbach's alpha: 0.82 | Test-retest reliability: 0.79

Validity: Predicts coping, health outcomes, and resilience.

## License

Free to use with citation

## Citation (APA Format)

Scheier, M. F., Carver, C. S., & Bridges, M. W. (1994). Distinguishing optimism from neuroticism. *Personality and Individual Differences*, 19(5), 673-683.

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