International Situations Project Translation

**Life-Orientation Test (LOT-R)** – 6 items

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| Original English | Translation (Dutch) |
| 1. In uncertain times, I usually expect the best. | 1. In onzekere tijden verwacht ik meestal het beste. |
| 1. If something can go wrong for me, it will.\* | 1. Als er iets fout kan gaan bij mij, zal dit ook zeker gebeuren. |
| 1. I'm always optimistic about my future. | 1. Ik ben altijd optimistisch over mijn toekomst. |
| 1. I hardly ever expect things to go my way.\* | 1. Ik verwacht bijna nooit dat dingen op mijn manier zullen verlopen. |
| 1. I rarely count on good things happening to me.\* | 1. Ik ga er zelden van uit dat mij goede dingen zullen overkomen. |
| 1. Overall, I expect more good things to happen to me than bad. | 1. Over het algemeen verwacht ik dat mij meer goede dan slechte dingen zullen overkomen. |

\* *items are reverse coded*

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Scheier, M. F., Carver, C. S., & Bridges, M. W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A re-evaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, 67, 1063-1078.

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