International Situations Project Translation

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

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| Original English | Translation (Estonian) |
| 1. In uncertain times, I usually expect the best.
 | 1. Ebakindlatel aegadel loodan parimat.
 |
| 1. If something can go wrong for me, it will.\*
 | 1. Kui minu elus saab midagi viltu minna, siis lähebki.
 |
| 1. I'm always optimistic about my future.
 | 1. Olen alati oma tuleviku suhtes optimistlik
 |
| 1. I hardly ever expect things to go my way.\*
 | 1. Ma ei looda pea kunagi, et asjad lähevad minu tahtmist mööda.
 |
| 1. I rarely count on good things happening to me.\*
 | 1. Tean, et mul ei vea elus mitte kunagi.
 |
| 1. Overall, I expect more good things to happen to me than bad.
 | 1. Üldiselt ma eeldan, et mu elus juhtub rohkem head kui halba.
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 \* *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.

The International Situations Project is supported by the National Science Foundation under Grant No. BCS-1528131. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the individual researchers and do not necessarily reflect the views of the National Science Foundation.

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