International Situations Project Translation

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

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| Original English | Translation (Greek) |
| 1. In uncertain times, I usually expect the best.
 | 1. Σε αβέβαιες στιγμές, συνήθως περιμένω το καλύτερο.
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| 1. If something can go wrong for me, it will.\*
 | 1. Αν είναι να πάει κάτι στραβά για εμένα, σίγουρα θα πάει.
 |
| 1. I'm always optimistic about my future.
 | 1. Είμαι πάντα αισιόδοξος/-η για το μέλλον μου.
 |
| 1. I hardly ever expect things to go my way.\*
 | 1. Σχεδόν ποτέ δεν περιμένω να πάνε τα πράγματα όπως θέλω.
 |
| 1. I rarely count on good things happening to me.\*
 | 1. Σπάνια υπολογίζω ότι θα μου συμβούν καλά πράγματα.
 |
| 1. Overall, I expect more good things to happen to me than bad.
 | 1. Γενικώς, περιμένω ότι θα μου συμβούν περισσότερα καλά πράγματα από όσα κακά.
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 \* *items are reverse coded*

Translation provided by:

Emmanouil Papastefanakis, University of Crete, Crete

Georgios Kritsotakis, Technological Institute of Crete, Crete

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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International Situations Project

University of California, Riverside

David Funder, Principal Investigator

Researchers: Gwendolyn Gardiner, Erica Baranski

