International Situations Project Translation

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

|  |  |
| --- | --- |
| Original English | Translation (Hungarian) |
| 1. In uncertain times, I usually expect the best. | 1. Bizonytalan időkben általában a legjobbra számítok. |
| 1. If something can go wrong for me, it will.\* | 1. Nekem ha valami elromolhat, az el is fog. |
| 1. I'm always optimistic about my future. | 1. Mindig optimista vagyok a jövőmmel kapcsolatban. |
| 1. I hardly ever expect things to go my way.\* | 1. Nem nagyon számítok arra, hogy a dolgok úgy fognak történni, ahogy én szeretném. |
| 1. I rarely count on good things happening to me.\* | 1. Nem nagyon számítok arra, hogy jó dolgok fognak velem történni. |
| 1. Overall, I expect more good things to happen to me than bad. | 1. Összességében arra számítok, hogy több jó dolog fog velem történni, mint rossz. |

\* *items are reverse coded*

Translation provided by:

Ágota Kun, Budapest University of Technology and Economics, Budapest

Zoltán Vass, Karoli Gaspar University of the Reformed Church in Hungary,Budapest

Mate Smohai, Karoli Gaspar University of the Reformed Church in Hungary, Budapest

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.

International Situations Project

University of California, Riverside

David Funder, Principal Investigator

Researchers: Gwendolyn Gardiner, Erica Baranski

