International Situations Project Translation

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

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| Original English | Translation (Japanese) |
| 1. In uncertain times, I usually expect the best. | 1. 先行きが不透明な時代に、私はたいてい一番良いものを期待する |
| 1. If something can go wrong for me, it will.\* | 1. 私が失敗する可能性のあるものは、失敗する |
| 1. I'm always optimistic about my future. | 1. 私は常に自分の将来について楽観的である |
| 1. I hardly ever expect things to go my way.\* | 1. 私は物事が自分の思ったように進むと、ほとんど期待していない |
| 1. I rarely count on good things happening to me.\* | 1. 私は自分の身に良いことが起こることを、めったに期待していない。 |
| 1. Overall, I expect more good things to happen to me than bad. | 1. 全体的に私は悪いことよりも、もっと良いことが起こると期待する |

\* *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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