

*Optimism*  
*Adapted from Scheier, Carver, & Bridges, 1994*

Holding positive outcome expectancies, termed optimism, is a well-known protective factor associated with a range of beneficial health outcomes. These two items were adapted from the revised Life Orientation Test (LOT-R; Scheier, Carver, & Bridges, 1994), a widely used 10-item assessment of dispositional optimism.

**Development and validation of measure in pilot study and main sample:** To establish reliability and validity for new and adapted items, we conducted a pilot study with 104 participants from the same community as the main sample, recruited through a local email classifieds list and word-of-mouth. In the main sample of over 2500 participants, we conducted domain-level factor analyses for all regulatory strengths. Of the three items from the original scale used in the main study, two were maintained in this factor while one loaded with the purpose measure. Internal consistencies (coefficient alphas) for the pilot and main samples are 0.85 and 0.80, respectively. Validity was established in the main sample with moderate correlations with Mental Health ( $r = .41$ ) and Emotional Regulation ( $r = .44$ ).

**Scoring:** Each answer category was assigned a value from 4 to 1. The total score can be a sum or mean of all the items. We used z-scores of the scale score in our analyses. Note that both items are negatively worded and reverse-scored so that higher scores indicate higher levels of optimism.

**Adapted from:** Scheier, M.F., Carver, C.S., & Bridges, M.W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A reevaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, 67(6),1063-1078.

**Life Paths version:** Hamby, S., Grych, J., & Banyard, V. L. (2015). *Life Paths measurement packet: Finalized scales*. Sewanee, TN: Life Paths Research Program. <http://www.lifepathsresearch.org/strengths-measures/>

1. If something can go wrong for me, it will.

- Mostly true about me ..... 1
- Somewhat true about me ..... 2
- A little true about me ..... 3
- Not true about me ..... 4

2. I hardly ever expect things to go my way.

- Mostly true about me ..... 1
- Somewhat true about me ..... 2
- A little true about me ..... 3
- Not true about me ..... 4