



Herth Hope Index (HHI)

Instructions:

Listed below are a number of statements. Read each statement and select the response that describes how much you agree with that statement right now.

		Strongly Disagree	Disagree	Slightly Disagree	Neither Agree or Disagree	Slightly Agree	Agree	Strongly Agree
1	I have a positive outlook towards life	1	2	3	4	5	6	7
2	I have short and/or long range goals	1	2	3	4	5	6	7
3	I feel all alone	7	6	5	4	3	2	1
4	I can see possibilities in the midst of difficulties	1	2	3	4	5	6	7
5	I have faith that gives me comfort	1	2	3	4	5	6	7
6	I feel scared about my future	7	6	5	4	3	2	1
7	I can recall happy/joyful times	1	2	3	4	5	6	7
8	I have deep inner strength	1	2	3	4	5	6	7
9	I am able to give and receive caring/love	1	2	3	4	5	6	7
10	I have a sense of direction	1	2	3	4	5	6	7
11	I believe that each day has potential	1	2	3	4	5	6	7
12	I feel my life has value and worth	1	2	3	4	5	6	7

Developer Reference:

Herth, K. (1992). Abbreviated instrument to measure hope: Development and psychometric evaluation. *Journal of Advanced Nursing*, 17(10), 1251-1259. <https://doi.org/10.1111/j.1365-2648.1992.tb01843.x>

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