



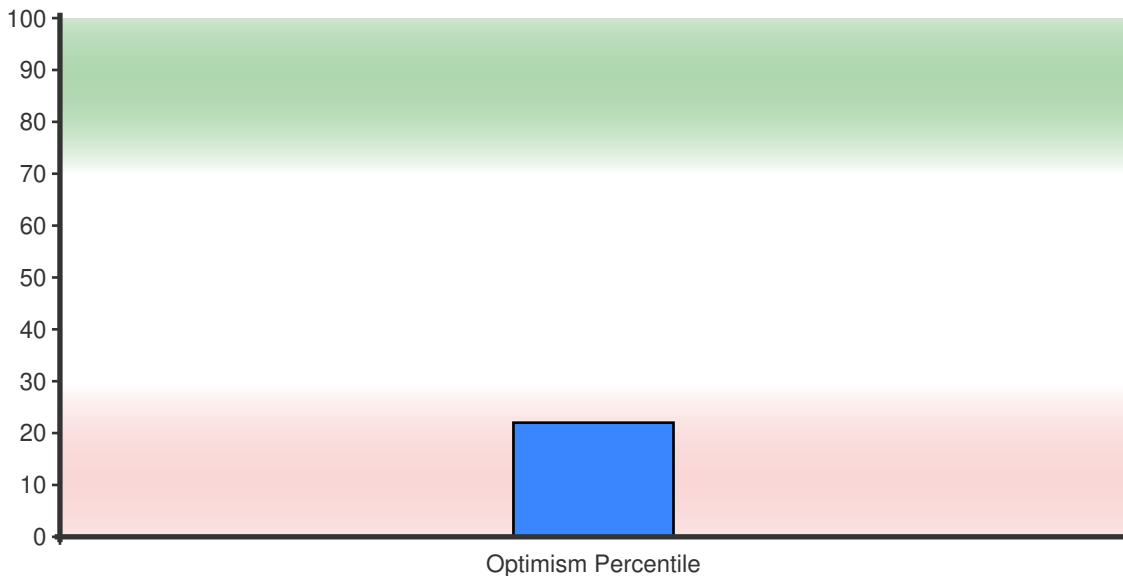
Life Orientation Test Revised (LOT-R)

<i>Client Name</i>	Generic Client	<i>Date administered</i>	1 Aug 2025
<i>Date of birth (age)</i>	1 Jan 1999 (26)	<i>Time taken</i>	8s
<i>Assessor</i>	Dr Emerson Bartholomew		

Results

	Raw Score (0 to 24)	Percentile
Total	11	22

Optimism Percentile



Scoring and Interpretation Information

For comprehensive information on the LOT-R, [see here](#).

The scale yields a total score ranging from 0-24. Higher scores indicate greater dispositional optimism. Subscale scores range from 0-12 and are listed below:

Optimism (items 1, 4, and 10): Positive expectancies about future outcomes; reflecting the tendency to believe that good things will happen.

Pessimism (items 3, 7, and 9): Negative expectancies about future outcomes; tendency to anticipate unfavourable results and focus on potential problems.



Client Name | Generic Client

The remaining four items serve as fillers to obscure the scale's purpose. The total score provides a global index of optimistic orientation, while subscale scores offer information about the presence of positive expectancies versus the absence of negative expectancies. Examining subscale patterns can be clinically informative. For instance, individuals may show high optimism with moderate pessimism, suggesting coexisting positive and negative future expectancies.

Percentile ranks based on population norms facilitate clinical interpretation. Using data from Hinz et al. (2017), a total score of 16 corresponds to the 50th percentile in the general population. Scores below 13 (approximately 30th percentile) may indicate lower than typical optimism warranting clinical attention, while scores above 19 (approximately 75th percentile) suggest notably high optimism. However, extremely high scores may occasionally reflect unrealistic optimism associated with risk-taking behaviours (Hmieleski & Baron, 2009).

Client Responses

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	In uncertain times, I usually expect the best	0	1	2	3	4
2	It's easy for me to relax	0	1	2	3	4
3	If something can go wrong for me it will	4	3	2	1	0
4	I'm always optimistic about my future	0	1	2	3	4
5	I enjoy my friends a lot	0	1	2	3	4
6	It's important for me to keep busy	0	1	2	3	4
7	I hardly ever expect things to go my way	4	3	2	1	0
8	I don't get upset too easily	0	1	2	3	4
9	I rarely count on good things happening to me	4	3	2	1	0
10	Overall, I expect more good things to happen to me than bad	0	1	2	3	4