

PSYCHOLOGY 406 TESTS AND MEASUREMENTS

Scoring the Optimism Questionnaire:

Three Dimensions

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➤ Permanence

- Causes of bad events are permanent and therefore the person will give up doing any task easily
- *Bad* events will persist and affect their whole lives
- Scoring: Total the numbers on the right column of the page marked PmB: numbers: 5,13,20,21,29,33,42,46
 - Totals of 0-1= very optimistic in this dimension
 - 2-3= moderately optimistic
 - 4= average
 - 5-6= quite pessimistic
 - 7-8= extremely pessimistic
- *Good* events have a permanent affect therefore these people are more optimistic
- Scoring: Total the numbers on the right column of the page marked PmG: numbers: 2,10,14,15,24,26,38,40
 - Totals of 7-8= very optimistic
 - 6= moderately optimistic
 - 4-5= average
 - 3= moderately pessimistic
 - 0,1,2= very pessimistic

➤ Pervasiveness:

- Pervasiveness is about space.
- Making universal explanations about failure results in affecting everything optimistic
- *Bad* events, catastrophizing every event as hopeless
 - Scoring: Total the numbers on the right column of the page marked PvB: numbers: 8,16,17,18,22,32,44,48
 - Totals of 0-1= very optimistic
 - 2-3= moderately optimistic
 - 4= average
 - 5-6= moderately pessimistic
 - 7-8= very pessimistic
- *Good* events, caused by specific factors, will enhance everything
 - Scoring: Total the numbers on the right column of the page marked PvG: numbers: 6,7,28,31,34,35,37,43
 - Totals of 7-8= very optimistic
 - 6= moderately optimistic
 - 4-5= average
 - 3= moderately pessimistic
 - 0,1,2= very pessimistic

➤ Personalization:

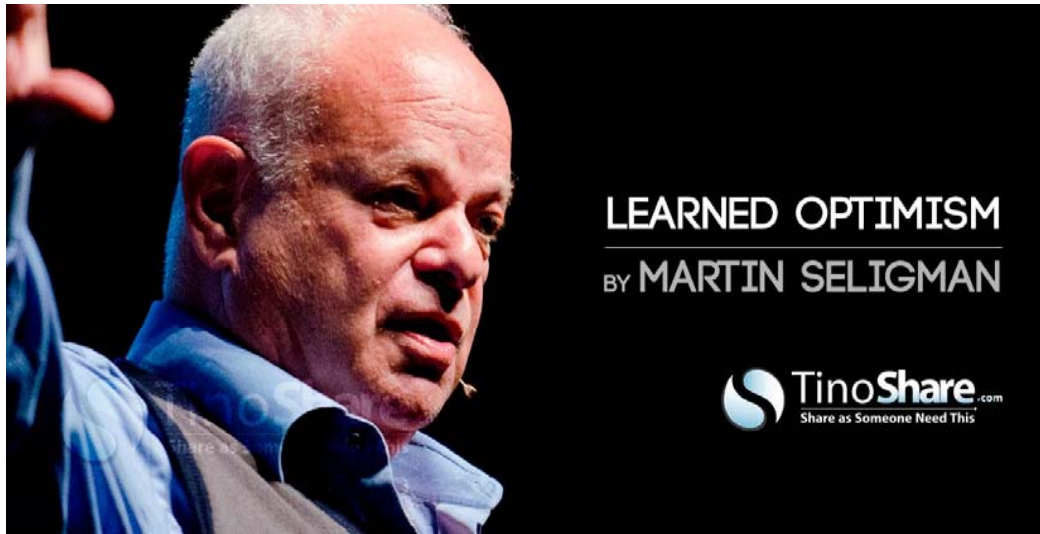
- When bad things happen, do we blame ourselves (internalize) or others (externalize)
- How we feel about ourselves
- *Bad*
 - Scoring: Total the numbers on the right column of the page marked *PsB*: numbers: 3,9,19,25,30,39,41,47
 - Total: 0-1= very high self-esteem
 - 2-3= moderate self-esteem
 - 4= average
 - 5-6= moderately low self-esteem
 - 7-8= very low self-esteem
- *Good*
 - Scoring: : Total the numbers on the right column of the page marked *PsG*: numbers: 1,4,11,12,23,27,36,45
 - Total: 7-8= very optimistic
 - 6= moderately optimistic
 - 4-5= average
 - 3= moderately pessimistic
 - 0,1,2= very pessimistic

- Overall Scores:
 - Total *Bad*= add 3 B's (PmB+PvB+PsB)
 - Total *Good*= add 3 G's (PmG+PvG+PsG)
 - B Scores:
 - 3-6=very optimistic
 - 6-9= moderately optimistic
 - 10-11= average
 - 12-14= moderately pessimistic
 - Over 14= extremely pessimistic
 - G Scores:
 - 19+ = very optimistic
 - 17-19= moderately optimistic
 - 14-16= average
 - 11-13= very pessimistic
 - <10= great pessimism
- G-B Score:
 - Above 8= very optimistic in all areas
 - 6-8= moderately optimistic
 - 3-5= average
 - 1-2= moderately pessimistic
 - 0= very pessimistic

➤ HOPE!

- Scoring your HOPE score
- Those who make permanent and universal explanations for problems are unable to take pressure, in both temporary and long-term situations.
 - Scoring HOPE: add PvB and PmB scores for your HOPE score.
 - Total: 0,1,2= extraordinary hopeful
 - 3,4,5,6= moderately hopeful
 - 7-8= average
 - 9,10,11= moderately hopeless
 - 12,13,14,15,16= severely hopeless

Optimism Questionnaire



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Learned Optimism: How To Change Your Mind and Your Life