

Questionnaire items for dataset

Part 1: LOCUS OF HOPE QUESTIONNAIRE

From: Bernardo, A. B. I. (2010). Extending hope theory: Internal and external locus of trait hope. *Personality and Individual Differences*, 49, 944-949. <https://doi.org/10.1016/j.paid.2010.07.036>

Note: The original scale has 40 items, but the scale below only has 36 items because 4 of the filler items were removed to make the questionnaire shorter.

In this part of the questionnaire, you will be asked to think about statements related to your goals. Please read each item and decide how the statement describes you. There are no right or wrong answers for the items. To answer the next questions, encircle the number corresponding to your response using the scale:

1 = Definitely False, 2 = Mostly False, 3 = Mostly True, 4 = Definitely True

INT	P	H1. I can think of many ways for me to get out of a problem.	1	2	3	4
EXT-SP	A	H2. I will attain my life goals by trusting God.	1	2	3	4
EXT-FA	A	H3. I am confident that my family will support me in the goals that are important to me.	1	2	3	4
Fill		H4. I make my health a priority in life.	1	2	3	4
EXT-PE	P	H5. I count on my friends to think of different ways of reaching the goals that are important to me.	1	2	3	4
INT	A	H6. I energetically pursue my goals.	1	2	3	4
EXT-FA	P	H7. My family has lots of ways of helping me attain my goals.	1	2	3	4
EXT-SP	P	H8. When I am discouraged, I know that God will provide ways to solve the problems I face.	1	2	3	4
EXT-PE	A	H9. My friends always support me in the pursuit of my life goals.	1	2	3	4
EXT-FA	P	H10. Even when I am discouraged, I know my family has ways to help me solve my problems.	1	2	3	4
Fill		H11. I feel tired most of the time.	1	2	3	4
EXT-PE	A	H12. With the help of my friends, I am confident that I can reach my goals in life.	1	2	3	4
INT	P	H13. There are lots of ways I can personally get around any problem.	1	2	3	4
EXT-SP	A	H14. God will guide me well for my future.	1	2	3	4
EXT-FA	P	H15. My family finds many ways to help me solve my problems.	1	2	3	4
EXT-SP	A	H16. God has made my life successful.	1	2	3	4
EXT-PE	P	H17. My friends usually help me find many ways to get out of problematic situations.	1	2	3	4
INT	P	H18. I can think of many ways for me to get the things in life that are important to me.	1	2	3	4
EXT-FA	A	H19. I have been successful in life so far because of the support of my family.	1	2	3	4
EXT-SP	P	H20. There are many ways around a problem if one trusts in God.	1	2	3	4
INT	A	H21. I've been successful in meeting my personal goals in life through my own efforts	1	2	3	4
EXT-FA	A	H22. My family has helped me meet the goals that I have set for myself.	1	2	3	4
EXT-PE	A	H23. I have been able to meet my goals because of my friends' help.	1	2	3	4
INT	P	H24. Even when others get discouraged, I know I can find a way to solve a problem.	1	2	3	4
EXT-SP	P	H25. God has many different ways of letting me attain my goals.	1	2	3	4
Fill		H26. I worry about the health of my family	1	2	3	4
INT	A	H27. My past experiences have prepared me well for my future.	1	2	3	4
Fill		H28. I feel bad about having to disagree with someone.	1	2	3	4
EXT-FA	A	H29. My family works with me in pursuing my goals.	1	2	3	4
EXT-PE	P	H30. When I am discouraged, I know my friends will think of ways to help me solve my problems.	1	2	3	4
EXT-SP	A	H31. If it is God's will, I will meet the goals that I set for myself.	1	2	3	4
EXT-PE	A	H32. I work with my friends to attain the important goals in my life.	1	2	3	4
EXT-SP	P	H33. God always finds ways to help resolve my problems.	1	2	3	4
EXT-PE	P	H34. My friends often find lots of ways to help me solve my problems.	1	2	3	4
EXT-FA	P	H35. My family usually helps in different ways me when I get into problematic situations.	1	2	3	4
INT	A	H36. I meet the goals that I set for myself.	1	2	3	4

Subscales:

INT = Internal Locus of hope

EXT-FA = External Locus of hope - family as source of hope

EXT-PE = External Locus of hope - peers as source of hope

EXT-SP = External Locus of hope - spiritual higher being as source of hope;

Fill = filler items

A = agency items, P = pathways items

Scores for each subscale are computed by getting the average across the the eight (8) items in the subscale

PART 2: LIFE ORIENTATION TEST-REVISED (Optimism Scale)

From: 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.

Please be as honest and accurate as you can throughout. Try not to let your response to one statement influence your responses to other statements. There are no "correct" or "incorrect" answers. Answer according to your own feelings, rather than how you think "most people" would answer.

1 = Strongly disagree, 2 = Disagree a little, 3 = Neutral, 4 = Agree a little, 5 = Agree a lot

O1. In uncertain times, I usually expect the best.	1	2	3	4	5
O2. It's easy for me to relax. (F)	1	2	3	4	5
O3. If something can go wrong for me, it will. (R)	1	2	3	4	5
O4. I'm always optimistic about my future.	1	2	3	4	5
O5. I enjoy my friends a lot. (F)	1	2	3	4	5
O6. It's important for me to keep busy. (F)	1	2	3	4	5
O7. I hardly ever expect things to go my way. (R)	1	2	3	4	5
O8. I don't get upset too easily. (F)	1	2	3	4	5
O9. I rarely count on good things happening to me. (R)	1	2	3	4	5
O10. Overall, I expect more good things to happen to me than bad.	1	2	3	4	5

Scoring: Items 3, 7, and 9 are reverse scored (R) (or scored separately as a pessimism measure). Total score is sum (or mean) of items 1, 4, 10, and the reverse scores of 3, 7, and 9. Items 2, 5, 6, and 8 are fillers (F) and should not be scored.

PART 3: SATISFACTION WITH LIFE SCALE

From: Diener, E., Emmons, R. A., Larsen, R. J., & Griffin, S. (1985). The Satisfaction with Life Scale. *Journal of Personality Assessment*, 49, 71-75.

Below are five statements that you may agree or disagree with. Using the scale below, indicate your agreement with each item. Please be open and honest in your responding.: 1 - Strongly disagree, 2 – Disagree, 3 - Slightly disagree, 4 - Neither agree nor disagree, 5 - Slightly agree, 6 – Agree, 7 - Strongly agree,

w1. In most ways my life is close to my ideal.	1	2	3	4	5	6.	7
w2. The conditions of my life are excellent.	1	2	3	4	5	6.	7
w3. I am satisfied with my life.	1	2	3	4	5	6.	7
w4. So far I have gotten the important things I want in life.	1	2	3	4	5	6.	7
w5. If I could live my life over, I would change almost nothing.	1	2	3	4	5	6.	7

Scoring: The scale score is the sum (or mean) of the items.

PART 4: ROSENBERG'S SELF-ESTEEM SCALE

From: Rosenberg, M. (1965). Society and the adolescent self-image. Princeton, NJ: Princeton University Press.

Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

1 = Strongly disagree, 2 = Disagree, 3 = Agree, 4 = Strongly Agree

S1. On the whole, I am satisfied with myself.	1	2	3	4
S2. At times I think I am no good at all.	1	2	3	4
S3. I feel that I have a number of good qualities.	1	2	3	4
S4. I am able to do things as well as most other people.	1	2	3	4
S5. I feel I do not have much to be proud of.	1	2	3	4
S6. I certainly feel useless at times.	1	2	3	4
S7. I feel that I'm a person of worth, at least on an equal plane with others.	1	2	3	4
S8. I wish I could have more respect for myself.	1	2	3	4
S9. All in all, I am inclined to feel that I am a failure.	1	2	3	4
S10. I take a positive attitude toward myself.	1	2	3	4

Scoring: Items 2, 5, 6, 8, 9 are reverse scored. Sum scores (or get the mean) for all ten items. Keep scores on a continuous scale. Higher scores indicate higher self-esteem.

PART 5: RELATIONAL SELF-ESTEEM SCALE

From: Du, H., King, R. B., & Chi, P. (2012). The development and validation of the Relational Self-Esteem Scale. *Scandinavian Journal of Psychology*, 53(3), 258-264.

Du, H., Li, X., Chi, P., Zhao, J., & Zhao, G. (2019). Psychometric properties of the relational Self-Esteem Scale in a community-based sample in China. *European Journal of Psychological Assessment*, 34(3), 154-161.

Below is a list of statements dealing with your general feelings about yourself. Please indicate how strongly you agree or disagree with each statement.

1 = Strongly disagree, 2 = Disagree, 3 = Agree, 4 = Strongly Agree

R1. I am a worthy member of my circle of friends.	1	2	3	4
R2. I feel I can have much to offer to my family.	1	2	3	4
R3. In general, I'm glad to be a member of my circle of friends.	1	2	3	4
R4. I am proud of my family.	1	2	3	4
R5. Overall, my circle of friends is considered good by other people.	1	2	3	4
R6. I think my family is proud of me.	1	2	3	4
R7. I think my friends need me.	1	2	3	4
R8. Overall, my family is considered good by other people.	1	2	3	4

Scoring: Sum scores (or get the mean) for all ten items. Keep scores on a continuous scale. Higher scores indicate higher relational self-esteem.