

State Optimism Measure (SOM)

(Millstein et al., 2019)

Instructions: Please answer the following items based on how you feel right now, that is, at the present moment, using the scale below.

1	2	3	4	5
Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly Agree

1. I am feeling optimistic about life's challenges. _____
2. Right now, I expect things to work out for the best. _____
3. I am feeling optimistic about my future. _____
4. I feel that something good will happen today (in the next 24 hours). _____
5. The future is looking bright to me. _____
6. At the moment, I expect more to go right than wrong when it comes to my future. _____
7. I am expecting things to turn out well. _____

Scoring: Scoring is mean score of items 1-7 with a higher score indicating greater state optimism.

Citation: Millstein, R. A., Chung, W.-J., Hoepfner, B. B., Boehm, J. K., Legler, S. R., Mastromauro, C. A., & Huffman, J. C. (2019). Development of the State Optimism Measure. *General Hospital Psychiatry, 58*, 83–93. [https://doi-org.treadwell.idm.oclc.org/10.1016/j.genhosppsy.2019.04.002](https://doi.org.treadwell.idm.oclc.org/10.1016/j.genhosppsy.2019.04.002)