

Trait Emotion Hope Scale (TEHS)

Directions - Read each item carefully. Using the scale shown below, please select the number that best describes you.

- 1 = Definitely False
- 2 = Mostly False
- 3 = Somewhat False
- 4 = Slightly False
- 5 = Slightly True
- 6 = Somewhat True
- 7 = Mostly True
- 8 = Definitely True

1. In general, I feel filled with hope.
2. I feel hopeful about getting the things in life that are most important to me.
3. When things don't go my way, I still feel hopeful.
4. Most days, I feel full of hope.
5. I feel hopeful when I think about my goals.
6. Even when I experience setbacks, I still feel hopeful.

Scoring:

The total TEHS score is derived by summing the six items (R: 6 – 48), where higher scores indicate greater hope.

Reference:

Feldman, D. B. & Jazaieri, H. (2024). Feeling hopeful: Development and validation of the trait emotion hope scale. *Frontiers in Psychology, 15*: 1322807. doi: 10.3389/fpsyg.2024.1322807.