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| **About the Measure**  |
| **Domain:** | Sickle Cell Disease: Psychosocial and Social Determinants of Health |
| **Measure:** | Optimism |
| **Definition:** | Optimism is the generalized expectation that good things will happen. |
| **Purpose:** | This measure assesses a baseline optimism level from a patient population. Optimism has been associated with pain medication use and healthcare utilization, which is especially relevant in a chronic disease population such as sickle cell disease. |
| **Essential PhenX Measures:** | Not applicable. |
| **Related PhenX Measures:** | Not applicable.  |
| **Measure Release Date:** |  |

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| **About the Protocol**  |
| **Protocol Release Date:** |  |
| **PhenX Protocol Name:** | Optimism  |
| **Keywords:**  | Optimism, sickle cell disease, emotion, resilience, spirituality, coping, LOT-R, life orientation test, psychosocial, mood, feelings |
| **Protocol Name from Source:** | Life Orientation Test - Revised (LOT-R) |
| **Description:** | The Revised Life Orientation Test (LOT-R) is a 10-item scale used to evaluate baseline optimism. Participants respond to statements with a 0-4 Likert scale ranging from strongly disagree (0) to strongly agree (4). Scores can range from 0 to 24, with a higher score indicating more optimistic tendencies and attitudes, which have been attributed to positive associations with psychological and physiological outcomes. |
| **Specific Instructions:** | This measure was developed in the United States, and the prompts may not reflect the concept of optimism for populations outside of the United States or other cultures. |
| **Protocol:** | **Revised Life Orientation Test (LOT-R)****Instructions:**Please answer the following questions about yourself by indicating the extent of your agreement using the following scale:

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| [0] | = | strongly disagree |
| [1] | = | disagree |
| [2] | = | neutral |
| [3] | = | agree |
| [4] | = | strongly agree |

Be as honest as you can throughout, and try not to let your responses to one question influence your response to other questions. There are no right or wrong answers.

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| 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. | 0 | 1 | 2 | 3 | 4 |
| 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. | 0 | 1 | 2 | 3 | 4 |
| 8. | I don’t get upset too easily. | 0 | 1 | 2 | 3 | 4 |
| 9. | I rarely count on good things happening to me. | 0 | 1 | 2 | 3 | 4 |
| 10. | Overall, I expect more good things to happen to me than bad. | 0 | 1 | 2 | 3 | 4 |

**Scoring:**1. Reverse code items 3, 7, and 9 prior to scoring (0=4) (1=3) (2=2) (3=1) (4=0).2. Sum items 1, 3, 4, 7, 9, and 10 to obtain an overall score.*Note* Items 2, 5, 6, and 8 are filler items only. They are not scored as part of the revised scale. The revised scale was constructed in order to eliminate two items from the original scale, which dealt with coping style rather than with positive expectations for future outcomes. The correlation between the revised scale and the original scale is .95. |
| **Selection Rationale:** | The Life Orientation Test - Revised (LOT-R) is an easily accessible and validated questionnaire with sickle disease patient populations. It is used to assess baseline optimism which can help facilitate conversations between providers and patients and research study participants. |
| **Source:**  | Scheier, M. F., Carver, C. S., & Bridges, M. W. (1994). Distinguishing optimism from neuroticism (and trait anxiety, self-mastery, and self-esteem): A reevaluation of the Life Orientation Test. *Journal of Personality and Social Psychology*, *67*(6), 1063-1078. <https://doi.org/10.1037//0022-3514.67.6.1063>  |
| **Availability:** | Available |
| **Life Stage:** | AdultChildren and adolescents |
| **Language:** | English |
| **Participant:** | Adults and youth |
| **Personnel and Training Required:** | None |
| **Equipment Needs:** | None |
| **General References:** | Ey, S., Hadley, W., Allen, D. N., Palmer, S., Klosky, J., Deptula, D., Thomas, J., & Cohen, R. (2005). A new measure of children’s optimism and pessimism: The Youth Life Orientation Test. *Journal of Child Psychiatry and Psychology,* *46*(5), 548-558. <https://doi.org/10.1111/j.1469-7610.2004.00372.x>Herzberg, P. Y., Glaesmer, H., & Hoyer, J. (2006). Separating optimism and pessimism: A robust psychometric analysis of the Revised Life Orientation Test (LOT-R). *Psychological Assessment, 18*(4), 433-438. <https://doi.org/10.1037/1040-3590.18.4.433>Pence, L., Valrie, C. R., Gil, K. M., Redding-Lallinger, R., & Daeschner, C. (2007). Optimism predicting daily pain medication use in adolescents with sickle cell disease. *Journal of Pain and Symptom Management, 33*(3), 302-309. <https://doi.org/10.1016/j.jpainsymman.2006.08.010>Stanton, M. V., Jonassaint, C. R., Bartholomew, F. B., Edwards, C., Richman, L., DeCastro, L., & Williams, R. (2010). The association of optimism and perceived discrimination with health care utilization in adults with sickle cell disease. *Journal of the National Medical Association,* *102*(11), 1056-1064. [https://doi.org/10.1016/s0027-9684(15)30733-1](https://dx.doi.org/10.1016/s0027-9684%2815%2930733-1) |
| **Mode of Administration:** | Self-administered questionnaire |
| **Derived Variables:** | Not applicable.  |
| **Requirements:** |

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| **Requirements Category** | **Required (Yes/No):** |
| Major equipment | No |
| Specialized training  | No |
| Specialized requirements for biospecimen collection  | No |
| Average time of greater than 15 minutes in an unaffected individual | No |

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| **Annotations for Specific Conditions:** | Not applicable. |
| **Process and Review:** | Not applicable.  |