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.