

Hope Index (HI)

PURPOSE To measure hope.

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DESCRIPTION The HI is a 16-item instrument designed to measure hope, defined as the interactions of wishes and expectations. All items are scored twice by the respondent, once for "Wish" and once for "Expect." These are each considered to be subscales of the HI. The other two subscales are HopeSelf (items 1, 3-8, 15) and HopeOther (items 2, 9-14, 16). The HI has been shown to be sensitive to cultural events or threats such as war or economic prosperity.

NORMS The HI has been studied with several samples. One of these studies involved three samples totaling 276 parents and students obtained at a regional commuter campus of a large midwestern university. The three samples were collected over a period of four years. The first (N=87) had 29 mothers (mean age=44), 29 fathers (mean age=46), and 29 students (mean age=19.1). The second sample (N=99) included 33 mothers (mean age=43.9), 33 fathers (mean age=46.4), and 33 students (mean age=20.2). The third sample (N=90) had mean ages of 45.5, 47.6 and 19.2 for the mothers, fathers, and students respectively. The mean total score for the mothers over the three time periods was approximately 225, 245, and 235; for fathers, the means were 215, 255 and 240; and for the students, the means were approximately 217, 240, and 237. College women tend to have higher scores than college men, and older respondents tend to have higher HopeOther than HopeSelf scores.

SCORING The HI is scored in the following way: The score for Wish (0 to 5) is multiplied by the score for expect (0 to 5) for each item and then summed. The range of scores for the total HI is from 0 to 400. The Wish subscale and Expect subscales are scored by simply summing the item scores for ranges of 0 to 80. The HopeSelf scale and HopeOther scales are scored by multiplying the eight wish items in each subscale and multiplying them by the eight expect items. These scores are then summed for a range from 0 to 200.

RELIABILITY The HI has fair to good internal consistency with alphas for the subscales that range from the upper .70s to the mid .80s across several samples. Data on stability were not available.

VALIDITY The HI has established some construct and discriminative validity with several of the subscales showing significant differences across time depending on external conditions.

PRIMARY REFERENCE Staats, S., and Partlo, C. (1992). A brief report on hope in peace and war, and in good times and bad, *Social Indicators Research*, 24, 229-243. Instrument reproduced with permission of Dr. Staats.

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