Explanation of the Adult Hope Scale

Professor Rick Snyder developed the “Hope Theory” which consists of goals, pathways and agency. As part of that theory and to measure hope, he created a Children’s Hope Scale and an Adult Hope Scale. There are two different versions of the Adult Hope Scale. One version has [12 questions](https://fetzer.org/sites/default/files/images/stories/pdf/selfmeasures/PURPOSE_MEANING-AdultHopeScale.pdf), four questions about pathways, four about agency and four fillers. The other version as shown below, removes the “fillers” and just has the eight questions (four on pathways and four on agency).

**Pathway thinking** is the “perceived ability to identify and develop routes to goals.”

**Agency thinking** is “thoughts related to one’s ability to successfully use pathways and reach goals.” ([link.Springer.com](https://link.springer.com/referenceworkentry/10.1007/978-1-4419-1428-6_959))

**Pathway Questions on the Adult Hope Scale:**

* I can think of many ways to get out of a jam.
* There are lots of ways around any problem.
* I can think of many ways to get the things in life that are important to me.
* Even when others get discouraged, I know I can find a way to solve the problem.

**Agency Questions on the Adult Hope Scale:**

* I energetically pursue my goals.
* My past experiences have prepared me well for my future.
* I’ve been pretty successful in life.
* I meet the goals that I set for myself.

**Interpretation of Scores:**

The Adult Hope Scale uses an eight-point response scale with “Definitely False” equating to the lowest value of one, and “Definitely True” equating to the highest value of eight.

Adding the response values for the pathway questions (1,3,4, and 5) will give you a pathways score ranging from 4 to 32.

Adding the response values for the agency questions (2,6,7 and 8) will give you an agency score ranging from 4 to 32.

Scores:

40-48 = hopeful

48-56= moderately hopeful

56 or higher= high hope

