



Well-being

Hope

Herth Hope Index

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Study No. _____

HERTH HOPE SCALE

Listed below are a number of statements regarding hope. Read each statement and decide whether it applies to you personally. There are no right or wrong answers. Place a check [X] in the appropriate box indicating how often the statement has applied to you in the past week or two.

	Never applies to me	Seldom applies to me	Sometimes applies to me	Often applies to me
1. I am looking forward to the future.				
2. I sense the presence of loved ones.				
3. I have deep inner strength.				
4. I have plans for the future.				
5. I have inner positive energy.				
6. I feel scared about my future.				
7. I keep going even when I hurt.				
8. I have a faith that gives me comfort.				
9. I believe that good is always possible.				
10. I feel at a loss, no where to turn.				
11. I feel time heals.				
12. I have support from those close to me.				
13. I feel overwhelmed and trapped.				
14. I can recall happy times.				

15. I just know there is hope.				
16. I can seek and receive help.				
17. I am immobilized by fears and doubts.				
18. I know my life has meaning and purpose.				
19. I see the positive in most situations.				
20. I have goals for the next 3-6 months.				
21. I am committed to finding my way.				
22. I feel all alone.				
23. I have coped well in the past.				
24. I feel loved and needed.				
25. I believe that each day has potential.				
26. I can't bring about positive change.				
27. I can see a light even in a tunnel.				
28. I have hope even when plans go astray.				
29. I believe my outlook affects my life.				
30. I have plans for today and next week.				

HERTH HOPE SCALE

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HERTH HOPE INDEX

Listed below are a number of statements. Read each statement and place an [X] in the box that describes how much you agree with that statement right now.

	Strongly Disagree	Disagree	Agree	Strongly Agree
1. I have a positive outlook toward life.				
2. I have short and/or long range goals.				
3. I feel all alone.				
4. I can see possibilities in the midst of difficulties.				
5. I have a faith that gives me comfort.				
6. I feel scared about my future.				
7. I can recall happy/joyful times.				
8. I have deep inner strength.				
9. I am able to give and receive caring/love.				
10. I have a sense of direction.				
11. I believe that each day has potential.				
12. I feel my life has value and worth.				
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SCORING INFORMATION FOR THE HERTH HOPE SCALE (HHS)

Scoring consists of summing the ratings for the subscales and for the total scale. Subscales are based on the three factors (see Table 2 in 1991 publication). Total possible points on the total scale is 90 points. The higher the score the higher the level of hope.

Note the following items need to be reversed scored: 6, 10, 13, 17, 22, 26. Score items as follows:

Never applies to me = 0
Seldom applies to me = 1
Sometimes applies to me = 2
Often applies to me = 3

HHS has been translated into Chinese, Spanish, Swedish, Tai, Norwegian and German.

Herth, K. (1991). Development and refinement of an instrument to measure hope. Scholarly Inquiry for Nursing Practice: An International Journal, 5(1), 39-51.

SCORING INFORMATION FOR THE HERTH HOPE INDEX (HHI)

Scoring consists of summing the points for the subscale and for the total scale. Subscales are based on the three factors (see Table 2 in 1992 publication). Total possible points on the total scale is 48 points. The higher the score the higher the level of hope.

Note the following items need to be reversed scored: 3, 6. Score items as follows:

Strongly Disagree = 1
Disagree = 2
Agree = 3
Strongly Agree = 4

HHI has been translated into Swedish, Japanese, Norwegian, Spanish and German.

Herth, K. (1992). Abbreviated instrument to measure hope: Development and psychometric evaluation. Journal of Advanced Nursing, 17, 1251-1259.