Abstract

The only valid and reliable instrument to measure hopelessness in our country has been the Beck’s Hopelessness Scale, which was created thirty years ago. Nevertheless, its reliability and validity are affected when it is applied to the Mexican population. This is the main reason for proposing a different instrument. This research shows the steps followed for its elaboration, as well as the data analysis used in a pilot test. The obtained reliability overcomes the one reported in previous research in which the Beck’s scale was used, achieving a significant criterion when said scale is considered as an external criterion, and a better average of reactive/total.

Keywords

Hopelessness Scale; Psychological measurement; Mexican population.