Abstract

In this work we describe the adaptation for the European Portuguese language of the Revised Life Orientation Test (LOT-R), which allows the evaluation of Dispositional Optimism as a steady characteristic. After having been translated both ways with the support and help of experts in the area, LOT-R was applied to a sample of university students (N=790), and the respective internal consistency, construct validation and concurrent validity were properly assessed. The detected psychometric properties substantiate the quality of such a tool. Factorial analysis shows that the structure of a factor is the most suitable similarly to the factorial structure found in the source model. The positive correlation between LOT-R and the Instrumental and Expressive Social Support Scale (IESSS) confirms the hypothesis about the criterion validity.

Keywords

Psychometrics, Well-Being, Optimism, Scale, Evaluation, Psychometrics, Sociométricas Scales, Self Concept.