

Life Attitudes Scale (LAS)-Brief Form

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Please indicate the degree which each item reflects your attitude toward life. In order to maintain the integrity of the study *all questions must be answered* in order to save your results.

SA	A	D	SD
Strongly Agree	Agree	Disagree	Strong Disagree
1. My life is worth living no matter how many problems I have	SA	A	D SD
2. There is a dark and evil side to every person	SA	A	D SD
3. Life has intrinsic value, regardless of circumstances	SA	A	D SD
4. Life is full of setbacks	SA	A	D SD
5. Life is worth living no matter how difficult or painful it is	SA	A	D SD
6. It is inevitable that people will let me down	SA	A	D SD
7. I will pursue my life goals no matter how much they will cost me	SA	A	D SD
8. My suffering decreases whenever I reach out to help others	SA	A	D SD
9. I'd rather die fighting for something I believe in than play safe	SA	A	D SD
10. I believe in a higher power	SA	A	D SD
11. I am willing to face horrible consequences in order to do what is right	SA	A	D SD
12. I want to contribute to the well-being of others in spite of my own unfortunate circumstances	SA	A	D SD
13. Putting my fate in God's hands has helped me gain peace in my life	SA	A	D SD
14. I find satisfaction in helping others, even in the midst of my own suffering	SA	A	D SD
15. Even when I am at the end of my rope, I still believe that God will come to my rescue	SA	A	D SD

Life Attitudes Scale: Scoring Key

Note: The “Life Attitudes Scale” is called “Life Attitude Scale” during administration.

The global LAS score is calculated by adding all responses. Subscale scores are calculated by adding responses to items corresponding to the subscales.

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

<u>Affirmation of meaning and value</u>	1, 3, and 5
<u>Acceptance</u>	2, 4, and 6
<u>Courage</u>	7, 9, and 11
<u>Faith</u>	10, 13, and 15
<u>Self-transcendence</u>	8, 12, and 14