

Name of Measure: The Chinese version of Hopelessness Scale (Beck, Weissman, Lester, and Trexler, 1974)

Purpose of Measure: To assess level of negative expectations about the future in Chinese context.

Reference: Shek, D. T. L. (1993). Measurement of pessimism in Chinese adolescents: The Chinese Hopelessness Scale. *Social Behavior and Personality*, 21(2), 107-120.

Description of measure: The Beck Hopelessness Scale consists of 20 true/false items and is a self-report measure of one's negative expectations regarding the future. There are three scales: Feelings about the future, loss of motivation, and future expectations. The total score, a sum of item responses, ranges from 0 to 20 such that higher scores reflect higher levels of hopelessness. Scores ranging from: 0 to 3 as are considered within the normal range, 4 to 8 identify mild hopelessness, scores from 9 to 14 identify moderate hopelessness, and scores greater than 14 identify severe hopelessness (Beck & Steer, 1988).

Language availability: English and Chinese

Translation comments: The items in the Hopelessness Scale were translated into Chinese by the author. There was a slight modification in the design of the Chinese Hopelessness Scale. The "True" or "False" response options were replaced with "Strongly Agree", "Moderately Agree", "Slightly Agree", "Slightly Disagree", "Moderately Disagree", or "Strongly Disagree"

Description of Asian population: 500 Chinese undergraduate students

Norms: A factor analysis resulted in three factors labeled Hopelessness, Certainty about the future, and Future Expectation.

Reliability: The total sample was randomly split into 2 groups and the factor analytic procedures were repeated. The factors extracted from the two sub-samples resembled those extracted from the total sample. Both factors had acceptable internal consistency (alphas = .85 and .71 respectively).

Validity: The strengths of association between C-HOPE and the Anxiety and Depression sub-scales of the GHQ were examined and the results showed that C-HOPE correlated more strongly with the Depression than the Anxiety sub-scale of the GHQ.

Original reference to instrument: Beck, A. T., Weissman, A., Lester, D., & Trexler, L. (1974). The measurement of pessimism: The Hopelessness Scale. *Journal of Consulting and Clinical Psychology*, 42(6), 861-865.

How to obtain copy of instrument: The BDI may be obtained from Psychological Corporation. 19550 Bulverde Road, San Antonio, TX 782590. For the Chinese version, please contact Dr. Daniel Shek, Ph.D. The Chinese University of Hong Kong, Department of Social Work. DANIELSHEK@CUHK.EDU.HK