**TABLE 1**

**Items for Final Version of LOT Optimism Questionnaire**

1. In times of uncertainty I normally tend to expect the best.
2. I calm down easily. (distractor)
3. If something can go wrong for me, it will go wrong. a
4. I always tend to look at the positive side of things.
5. I always think optimistically about my future.
6. I enjoy being with my friends. (distractor)
7. It is important for me not to waste my time. (distractor)
8. In most cases, I do not expect things to work out the way I would like them to. a
9. Things never work out the way I would like them to. a
10. It is difficult to make me lose my cool. (distractor)
11. I believe that whatever happens is for the best.
12. I almost never expect something good to happen to me. a