Appendix A

Figure 1 Brief-Neg-H Measure

For each of the statements below, please tick the box that best applies to you.

1. The future seems to me to be hopeless and I can’t believe that things are changing for the better

Scores are shown next to each item response; total score range 2-10 (higher scores indicate higher hopelessness).

Appendix B

Figure 2 Brief-H-Pos Measure

For each of the statements below, please tick the box that best applies to you.

1. The future seems to me to be hopeful and I believe that things are changing for the better

Scores are shown next to each item response and reverse scored; total score range 2-10 (higher scores indicate higher hopelessness).