Table 1

*Sources of Hope reported by the Emerging adulthood group (N=132)*

|  |  |  |  |
| --- | --- | --- | --- |
| Item | | *M* | *SD* |
| 8. | Doing good for a meaningful cause | 3.44 | .764 |
| 7. | The support of family and friends | 3.39 | .808 |
| 10. | I have experienced God's support | 3.26 | .913 |
| 3. | The gratitude of those people I have helped | 3.23 | .861 |
| 14. | I have solved difficult problems | 3.20 | .895 |
| 6. | My prayers have been answered | 3.20 | .928 |
| 4. | Successful education or studies | 3.18 | .931 |
| 15. | Other people have helped me in difficult times | 3.06 | .897 |
| 18. | My professional successes and achievements | 3.05 | .932 |
| 17. | Pleasant experiences in the free nature | 3.02 | .908 |
| 2. | Memories of a happy childhood | 3.00 | .981 |
| 13. | I have recovered well from illness | 2.94 | 1.032 |
| 16. | I have experienced great parties and concerts | 2.52 | 1.088 |
| 12. | I have profited from technological progress | 2.44 | 1.021 |
| 9. | I have been always lucky | 2.26 | .913 |
| 5. | Successful political involvement | 2.10 | 1.018 |
| 11. | I have earned a lot of money | 1.98 | .891 |
| 1. | Participation at political events | 1.73 | .848 |

*Note.* Items have been organised in the order of decreasing mean values

Table 2

*Sources of Hope reported by the Early adulthood group (N=137)*

|  |  |  |  |
| --- | --- | --- | --- |
| Item | | *M* | *SD* |
| 8. | Doing good for a meaningful cause | 3.39 | .826 |
| 7. | The support of family and friends | 3.36 | .882 |
| 3. | The gratitude of those people I have helped | 3.27 | .827 |
| 10. | I have experienced God's support | 3.18 | 1.059 |
| 4. | Successful education or studies | 3.15 | .874 |
| 17. | Pleasant experiences in the free nature | 3.11 | .945 |
| 15. | Other people have helped me in difficult times | 3.09 | .907 |
| 14. | I have solved difficult problems | 3.05 | .910 |
| 2. | Memories of a happy childhood | 3.04 | .882 |
| 18. | My professional successes and achievements | 2.94 | .968 |
| 6. | My prayers have been answered | 2.93 | 1.068 |
| 13. | I have recovered well from illness | 2.78 | 1.041 |
| 16. | I have experienced great parties and concerts | 2.53 | 1.145 |
| 12. | I have profited from technological progress | 2.47 | 1.015 |
| 9. | I have been always lucky | 2.45 | 1.105 |
| 11. | I have earned a lot of money | 2.19 | .920 |
| 5. | Successful political involvement | 1.91 | 1.049 |
| 1. | Participation at political events | 1.58 | .976 |

*Note.* Items have been organised in the order of decreasing mean values

Table 3

*Sources of Hope reported by the Middle adulthood group (N=141)*

|  |  |  |  |
| --- | --- | --- | --- |
| Item | | *M* | *SD* |
| 7. | The support of family and friends | 3.36 | .804 |
| 8. | Doing good for a meaningful cause | 3.27 | .783 |
| 10. | I have experienced God's support | 3.14 | 1.060 |
| 3. | The gratitude of those people I have helped | 3.09 | .844 |
| 14. | I have solved difficult problems | 3.04 | .814 |
| 17. | Pleasant experiences in the free nature | 2.95 | .913 |
| 2. | Memories of a happy childhood | 2.94 | .912 |
| 15. | Other people have helped me in difficult times | 2.91 | .906 |
| 6. | My prayers have been answered | 2.91 | 1.059 |
| 4. | Successful education or studies | 2.89 | .916 |
| 13. | I have recovered well from illness | 2.75 | 1.022 |
| 18. | My professional successes and achievements | 2.72 | .949 |
| 12. | I have profited from technological progress | 2.30 | .962 |
| 16. | I have experienced great parties and concerts | 2.28 | 1.009 |
| 9. | I have been always lucky | 2.28 | .903 |
| 11. | I have earned a lot of money | 1.98 | .914 |
| 5. | Successful political involvement | 1.58 | .846 |
| 1. | Participation at political events | 1.41 | .757 |

*Note.* Items have been organised in the order of decreasing mean values

Table 4

*Sources of Hope reported by the Older adulthood group (N=55)*

|  |  |  |  |
| --- | --- | --- | --- |
| Item | | *M* | *SD* |
| 7. | The support of family and friends | 3.51 | .879 |
| 8. | Doing good for a meaningful cause | 3.31 | .742 |
| 10. | I have experienced God's support | 3.24 | 1.088 |
| 6. | My prayers have been answered | 3.16 | .977 |
| 17. | Pleasant experiences in the free nature | 3.15 | .891 |
| 15. | Other people have helped me in difficult times | 3.15 | .870 |
| 2. | Memories of a happy childhood | 3.11 | .809 |
| 14. | I have solved difficult problems | 3.11 | .658 |
| 4. | Successful education or studies | 3.11 | .875 |
| 3. | The gratitude of those people I have helped | 3.07 | .858 |
| 13. | I have recovered well from illness | 3.02 | 1.009 |
| 18. | My professional successes and achievements | 2.84 | .977 |
| 12. | I have profited from technological progress | 2.35 | .865 |
| 9. | I have been always lucky | 2.27 | .971 |
| 11. | I have earned a lot of money | 2.15 | .848 |
| 16. | I have experienced great parties and concerts | 2.15 | .931 |
| 5. | Successful political involvement | 1.56 | .811 |
| 1. | Participation at political events | 1.42 | .712 |

*Note.* Items have been organised in the order of decreasing mean values