

Future Events Scale (FES)

The Future Events Scale (FES) is a self-report tool that examines a person's tendency to anticipate or imagine positive and negative events in their future. The test is mainly used in clinical research on depression, optimism, and anxiety, to assess anticipation bias regarding the future.

Number of questions	80 questions
Estimated duration	15 minutes
Language	English
Original name	Future Events Scale
Target audience	Adults, adolescents
Authors	David M. MacLeod, Mark A. Williams (1991)
Category	Depression, Anxiety

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View the questionnaire on mentaal.org ›

Scoring & interpretation

Participants rate how likely they think each event is to happen to them in the coming years, on a probability scale. Separate scores are calculated for positive and negative events; a marked difference may indicate cognitive or emotional biases relevant to psychopathology.

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