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Self-efficacy Scale Worksheet

Respond to following questions with a “1” – “4”

1 = Not at all true, 2 = Hardly true, 3 = Moderately true and 4 = Exactly true

Question	Response
I can always manage to solve difficult problems if I try hard enough.	
If someone opposes me, I can find the means and the ways to get what I want.	
It is easy for me to stick to my aims and accomplish my goals.	
I am confident that I could deal efficiently with unexpected events.	
Thanks to my resourcefulness, I know how to handle unforeseen situations.	
I can solve most problems, if I invest the necessary effort.	
I can remain calm, when facing difficulties, because I can rely on my coping abilities.	
When I am confronted with a problem, I can usually find several solutions.	
If I am in trouble, I can usually think of a solution.	
I can usually handle whatever comes my way.	
RESULT: SUM ALL THE VALUES FROM YOUR RESPONSES	

The sum in the result represents your self-efficacy score. It should be in the range from 10 to 40. Normally the adult respondents score higher compared to the younger ones. Your score may change over time and it may vary depending on factors like your educational, marital and professional status.

The higher the score, the greater your self-efficacy or confidence in your ability to successfully manage an illness or follow through with behaviour change.

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