

Self-Efficacy Scale

Instructions: This questionnaire is a series of statements about your personal attitudes and traits. Each statement represents a commonly held belief. Read each statement and decide to what extent it describes you. There are no right or wrong answers. You will probably agree with some of the statements and disagree with others. Please indicate your own personal feelings about each statement below by marking the letter that best describes your attitude or feeling. Please be very truthful and describe yourself as you really are, not as you would like to be.

Mark: A If you **Disagree Strongly** with the statement
B If you **Disagree Moderately** with the statement
C If you **Neither Agree nor Disagree** with the statement
D If you **Agree Moderately** with the statement
E If you **Agree Strongly** with the statement

1. I like to grow house plants.
2. When I make plans, I am certain I can make them work.
3. One of my problems is that I cannot get down to work when I should.
4. If I can't do a job the first time, I keep trying until I can.
5. Heredity plays the major role in determining one's personality.
6. It is difficult for me to make new friends.
7. When I set important goals for myself, I rarely achieve them.
8. I give up on things before completing them.
9. I like to cook.
10. If I see someone I would like to meet, I go to that person instead of waiting for him or her to come to me.
11. I avoid facing difficulties.
12. If something looks too complicated, I will not even bother to try it.
13. There is some good in everybody.
14. If I meet someone interesting who is hard to make friends with, I'll soon stop trying to make friends with that person.
15. When I have something unpleasant to do, I stick with it until I finish it.
16. When I decide to do something, I go right to work on it.

17. I like science.
18. When trying to learn something new, I soon give up if I am not initially successful.
19. When I'm trying to become friends with someone who seems uninterested at first, I don't give up easily.
20. When unexpected problems occur, I don't handle them well.
21. If I were an artist, I would like to draw children.
22. I avoid trying to learn new things when they look too difficult to me.
23. Failure just makes me try harder.
24. I do not handle myself well in social gatherings.
25. I very much like to ride horses.
26. I feel insecure about my ability to do things.
27. I am a self-reliant person.
28. I have acquired my friends through my personal abilities at making friends.
29. I give up easily.
30. I do not seem capable of dealing with most problems that come up in my life.

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Scoring Sheet

Scoring instructions: Answers are converted to numbers (A = 1, B = 2, etc.). Items marked **R** are reversed in scoring (A = 5, B = 4, etc.). Items marked **Filler** are not scored. Items marked **GSE** contribute to the General Self-efficacy Subscale. These are summed to produce the General Self-efficacy Subscale score. Items marked **SSE** contribute to the Social Self-efficacy Subscale. These are summed to produce the Social Self-efficacy Subscale score. The General and Social Self-efficacy Subscale scores are not summed to give an overall score.

Mark: A If you **Disagree Strongly** with the statement.
B If you **Disagree Moderately** with the statement
C If you **Neither Agree nor Disagree** with the statement
D If you **Agree Moderately** with the statement
E If you **Agree Strongly** with the statement

1. I like to grow house plants. **Filler**
2. When I make plans, I am certain I can make them work. **GSE**
3. One of my problems is that I cannot get down to work when I should. **R GSE**
4. If I can't do a job the first time, I keep trying until I can. **GSE**
5. Heredity plays the major role in determining one's personality. **Filler**
6. It is difficult for me to make new friends. **R SSE**
7. When I set important goals for myself, I rarely achieve them. **R GSE**
8. I give up on things before completing them. **R GSE**
9. I like to cook. **Filler**
10. If I see someone I would like to meet, I go to that person instead of waiting for him or her to come to me. **SSE**
11. I avoid facing difficulties. **R GSE**
12. If something looks too complicated, I will not even bother to try it. **R GSE**
13. There is some good in everybody. **Filler**
14. If I meet some one interesting who is hard to make friends with, I'll soon stop trying to makes friends with that person. **R SSE**
15. When I have something unpleasant to do, I stick with it until I finish it. **GSE**
16. When I decide to do something, I go right to work on it. **GSE**

17. I like science. **Filler**
18. When trying to learn something new, I soon give up if I am not initially successful. **R GSE**
19. When I'm trying to become friends with someone who seems uninterested at first, I don't give up easily. **SSE**
20. When unexpected problems occur, I don't handle them well. **R GSE**
21. If I were an artist, I would to draw children. **Filler**
22. I avoid trying to learn new things when they look too difficult to me. **R GSE**
23. Failure just makes me try harder. **GSE**
24. I do not handle myself well in social gatherings. **R SSE**
25. I very much like to ride horses. **Filler**
26. I feel insecure about my ability to do things. **R GSE**
27. I am a self-reliant person. **GSE**
28. I have acquired my friends through my personal abilities at making friends. **SSE**
29. I give up easily. **R GSE**
30. I do not seem capable of dealing with most problems that come up in my life. **R GSE**