

The General Self-Efficacy Scale (GSF)

The following scale was developed to evaluate the coping ability of daily living. The scale can be administered to evaluate persons age 12 and older.

Response Format	Write the number that best describes your opinion in the boxes below.
1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true	
I can always manage to solve difficult problems if I try hard enough.	
If someone opposes me, I can find the means and 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.	
Add up the numbers from each row in the last column. This total equals your self-efficacy score. The higher the score, the greater your self-efficacy or confidence in your ability to successfully manage an illness or follow through with behavior change. This score may change over time.	<div style="border: 1px solid black; width: 100%; height: 100%;"></div>

Adapted from:

Schwarzer R & Jerusalem M. Generalized self-efficacy scale.
 In J Weinman, S Wright, & M Johnston. *Measures in health psychology: A user's portfolio. Causal and control beliefs.* Windsor, England: NFER-NELSON; 1995: 35-37.

