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.

<table>
<thead>
<tr>
<th>Response Format</th>
<th>Write the number that best describes your opinion in the boxes below.</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 = Not at all true</td>
<td>2 = Hardly true</td>
</tr>
<tr>
<td>3 = Moderately true</td>
<td>4 = Exactly true</td>
</tr>
</tbody>
</table>

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.

Adapted from:
Schwarzer R & Jerusalem M. Generalized self-efficacy scale.