General Self-Efficacy Scale

**OVERVIEW**
- The scale assesses optimistic self-beliefs to cope with a variety of difficult demands in life. Specifically, it assesses the belief that one's actions are responsible for successful outcomes.

**SUBSCALES**
- None
- Sample items from the scale:
  - I can solve most problems if I invest the necessary effort
  - No matter what comes my way, I’m usually able to handle it

**STEPPING UP THEME(S) & OUTCOME(S)**
- Health and Wellness
  - Youth feel mentally well

**TARGET POPULATION**
- Youth 12 to 18 years of age

**LENGTH & HOW IT IS MEASURED**
- 10 items
- Self-report questionnaire; can be done orally or with pen and paper
- Multiple choice format measured on a 6-point scale: 1 (not true at all) to 4 (exactly true)
- Responses are summed to get a total score that ranges from 10 to 40, or responses can be averaged
- Available in English and over 30 other languages (e.g., Korean, Arabic, Chinese, Persian)

**DEVELOPER**
- Jerusalem, M., & Schwarzer, R., 1981

**GOOD TO KNOW**
- Formal permission is not required; however, appropriate recognition of the source is needed in any reporting and documentation

**PSYCHOMETRICS**
- Reliability
  - Internal Consistency ($\alpha > .80$)
  - Test-re-test ($r = .57 - .71$)
- Validity
  - Discriminant Validity

**LEARN MORE**
GENERALIZED SELF-EFFICACY SCALE

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1. I can always manage to solve difficult problems if I try hard enough.  
   - Not at all true: 1  
   - Barely true: 2  
   - Moderately true: 3  
   - Exactly true: 4

2. If someone opposes me, I can find means and ways to get what I want.  
   - Not at all true: 1  
   - Barely true: 2  
   - Moderately true: 3  
   - Exactly true: 4

3. It is easy for me to stick to my aims and accomplish my goals.  
   - Not at all true: 1  
   - Barely true: 2  
   - Moderately true: 3  
   - Exactly true: 4

4. I am confident that I could deal efficiently with unexpected events.  
   - Not at all true: 1  
   - Barely true: 2  
   - Moderately true: 3  
   - Exactly true: 4

5. Thanks to my resourcefulness, I know how to handle unforeseen situations.  
   - Not at all true: 1  
   - Barely true: 2  
   - Moderately true: 3  
   - Exactly true: 4

6. I can solve most problems if I invest the necessary effort.  
   - Not at all true: 1  
   - Barely true: 2  
   - Moderately true: 3  
   - Exactly true: 4

7. I can remain calm when facing difficulties because I can rely on my coping abilities.  
   - Not at all true: 1  
   - Barely true: 2  
   - Moderately true: 3  
   - Exactly true: 4

8. When I am confronted with a problem, I can usually find several solutions.  
   - Not at all true: 1  
   - Barely true: 2  
   - Moderately true: 3  
   - Exactly true: 4

9. If I am in a bind, I can usually think of something to do.  
   - Not at all true: 1  
   - Barely true: 2  
   - Moderately true: 3  
   - Exactly true: 4

10. No matter what comes my way, I'm usually able to handle it.  
    - Not at all true: 1  
    - Barely true: 2  
    - Moderately true: 3  
    - Exactly true: 4


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