

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

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

GENERALIZED SELF-EFFICACY SCALE

Name:.....

Date:..... Record Number:

	Not at all true	Barely true	Moderately true	Exactly true
1. I can always manage to solve difficult problems if I try hard enough.	1	2	3	4
2. If someone opposes me, I can find means and ways to get what I want.	1	2	3	4
3. It is easy for me to stick to my aims and accomplish my goals.	1	2	3	4
4. I am confident that I could deal efficiently with unexpected events.	1	2	3	4
5. Thanks to my resourcefulness, I know how to handle unforeseen situations.	1	2	3	4
6. I can solve most problems if I invest the necessary effort.	1	2	3	4
7. I can remain calm when facing difficulties because I can rely on my coping abilities.	1	2	3	4
8. When I am confronted with a problem, I can usually find several solutions.	1	2	3	4
9. If I am in a bind, I can usually think of something to do.	1	2	3	4
10. No matter what comes my way, I'm usually able to handle it.	1	2	3	4

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