

Adapted General Self-Efficacy Scale

Record ID _____

The following questions ask about how you feel and think about yourself. Please select the answers that best describe yourself and how you feel about yourself in general.

I can manage to solve difficult problems if I try hard enough.

- ☐ All the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ Never

If there are challenges, I can find the means and ways to get what I want.

- ☐ All the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ Never

It is easy for me to stick to and accomplish my goals.

- ☐ All the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ Never

I am confident that I can deal with unexpected events.

- ☐ All the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ Never

I know how to handle unexpected situations.

- ☐ All the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ Never

I can solve most problems if I invest effort.

- ☐ All the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ Never

I can remain calm when facing difficulties because I can rely on my coping abilities.

- ☐ All the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ Never

When I am confronted with a problem, I can find several solutions.

- ☐ All the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ Never

If I am in trouble, I can think of a solution.

- ☐ All the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ Never

I can handle whatever comes my way.

- ☐ All the time
- ☐ Most of the time
- ☐ Some of the time
- ☐ Never