

# General Self-Efficacy Scale (10-Item)

Name

Date

- The General Self-Efficacy Scale measures your perceived self-efficacy or belief in your ability to cope with different situations and accomplish goals.
- Please read each item carefully and try to understand what it is asking. Respond to each item based on your agreement or disagreement with the statement. Check the box of the response that best describes your view.
- Try to be as honest as possible when responding to each item. There are no right or wrong answers, so answer based on your personal experiences and beliefs.

ITEM	Not True At All	Hardly True	Moderately True	Exactly True
1. I can always manage to solve difficult problems if I try hard enough.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
2. If someone opposes me, I can find the means and ways to get what I want.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
3. It is easy for me to stick to my aims and accomplish my goals.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
4. I am confident that I could deal efficiently with unexpected events.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
5. Thanks to my resourcefulness, I know how to handle unforeseen situations.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
6. I can solve most problems if I invest the necessary effort.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
7. I can remain calm when facing difficulties because I can rely on my coping abilities.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
8. When I am confronted with a problem, I can usually find several solutions.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
9. If I am in trouble, I can usually think of a solution.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4
10. I can usually handle whatever comes my way.	<input type="radio"/> 1	<input type="radio"/> 2	<input type="radio"/> 3	<input type="radio"/> 4

TOTAL SCORE:

Additional Notes