Self-Efficacy for Managing Daily Activities - Short Form 8a

Please respond to each question or statement by marking one box per row.

	CURRENT level of confidence…	**I am not at all confident**	**I am a little confident**	**I am somewhat confident**	**I am quite confident**	**I am very confident**
SEMDA021	I can perform my household chores	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA018	I can go shopping and run errands	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA010	I can walk around inside my house	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA020	I can lift and carry groceries.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA028	I can take care of others (for example: cook for others, help them dress, watch children)	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA008	I can manage my clothes when I need to use the toilet	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA024	I can keep doing my usual activities at work.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMDA030	I can maintain a regular exercise program	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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