Self-Efficacy for Managing Social Interactions – Short Form 4a

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
SEMSS014	I can talk about my health problems with someone.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMSS024	If I need help, I can find someone to take me to the doctor's office	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMSS013	I can get emotional support when I need it.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SEMSS012	I can ask for help when I don't understand something	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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