General Self-Efficacy

Please respond to each item by marking one box per row.

For the next set of questions, please read each sentence and rate your level of confidence in managing various situations, problems, and events.

	Rate your 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**
GSE11_C	I can manage to solve difficult problems if I try hard enough.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE12_C	If someone opposes me, I can find the means and ways to get what I want.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE13_C	It is easy for me to stick to my aims and accomplish my goals	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE14_C	I am confident that I could deal efficiently with unexpected events.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE15_C	Thanks to my talents and skills, I know how to handle unexpected situations.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE16_C	I can solve most problems if I try hard enough.	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE17_C	I stay calm when facing difficulties because I can handle them.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE18_C	When I have a problem, I can find several ways to solve it.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE19_C	If I am in trouble, I can think of a solution..	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
GSE20_C	I can handle whatever comes my way.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

© 2008-2017 PROMIS Health Organization (PHO)