Self-Efficacy (Ages 18+) – Item Bank/Fixed Form

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

	Please read the sentence and decide how true it is of you in general.	**Never**	**Almost Never**	**Sometimes**	**Fairly Often**	**Very Often**
GSE01	I can manage to solve difficult problems if I try hard enough.....	☐ 1	☐ 1	☐ 2	☐ 3	☐ 4
GSE02	If someone opposes me, I can find the means and ways to get what I want	☐ 1	☐ 1	☐ 2	☐ 3	☐ 4
GSE03	It is easy for me to stick to my aims and accomplish my goals	☐ 1	☐ 1	☐ 2	☐ 3	☐ 4
GSE04	I am confident that I could deal efficiently with unexpected events	☐ 1	☐ 1	☐ 2	☐ 3	☐ 4
GSE05m	Thanks to my talents and skills, I know how to handle unexpected situations.....	☐ 1	☐ 1	☐ 2	☐ 3	☐ 4
GSE06m	I can solve most problems if I try hard enough	☐ 1	☐ 1	☐ 2	☐ 3	☐ 4
GSE07m	I stay calm when facing difficulties because I can handle them.....	☐ 1	☐ 1	☐ 2	☐ 3	☐ 4
GSE08m	When I have a problem, I can find several ways to solve it.....	☐ 1	☐ 1	☐ 2	☐ 3	☐ 4
GSE09	If I am in trouble, I can think of a solution	☐ 1	☐ 1	☐ 2	☐ 3	☐ 4
GSE10	I can handle whatever comes my way.....	☐ 1	☐ 1	☐ 2	☐ 3	☐ 4

©2006-2017 National Institutes of Health and Northwestern University