

The General Efficacy Scale

The scale is designed to assess a general sense of how you perceive your self-efficacy--the belief that you can accomplish important tasks and achieve your goals. The scale can be helpful in predicting how you cope with daily problems and you will adapt to more serious stressful life events.

Directions: Rate each statement as honestly as you can using the following scale:

1 = not at all true 2 = hardly true 3 = moderately true 4 = exactly true

- 1 _____ I can always manage to solve difficult problems if I try hard enough.
- 2 _____ If someone opposes me, I can find the means and ways to get what I want.
- 3 _____ It is easy for me to stick to my aims and accomplish my goals.
- 4 _____ I am confident that I could deal efficiently with unexpected events.
- 5 _____ Thanks to my resourcefulness, I know how to handle unforeseen situations.
- 6 _____ I can solve most problems if I invest the necessary effort.
- 7 _____ I can remain calm when facing difficulties because I can rely on my coping abilities.
- 8 _____ When I am confronted with a problem, I can usually find several solutions.
- 9 _____ If I am in trouble, I can usually think of a solution.
- 10 _____ I can usually handle whatever comes my way.

Total Score: _____