

# University of Washington Self Efficacy Scale (UW-SES) (Multiple Sclerosis Version)

by the

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## **Instructions for using the UW-SES Scale for MS:**

The self-efficacy scales shown here were developed in a sample of persons with multiple sclerosis (MS) and spinal cord injury (SCI).

Below you will find both the full 19 item scale and the six item short form for use in persons with MS. Both scales are intended for use in a self-report survey.

### **SCORING:**

Items can be summed and then transformed to generate a total score for each form. Responses to each item are given the values shown below. Scales cannot be scored if there are missing responses to items (with the exception of items 18 and 19 on the full scale).

<b>Not at all</b>	<b>A little</b>	<b>Quite a bit</b>	<b>A lot</b>	<b>Completely</b>
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>

19 Item Scale: Items 1-17 are summed as a first step. This will give you a total score that ranges from the value of 17 to 85. Items 18 and 19 are not included in the scoring of the full scale. However, these items were included on the form as they cover important content and may be very informative to the researchers or clinicians. After summing the 17 items, you will then transform the scores to a t-scale metric using the concordance table provided on the next page. For comparison purposes, the mean in the development sample was 50.0 with a standard deviation of 9.7.

6 Item Scale: All 6 items are summed as a first step. After summing, scores are transformed to a t-score metric using the concordance table provided on the next page. For comparison purposes, the mean in the development sample was 49.9 with a standard deviation of 9.3. Note that all 6 items on the short form are also included in the full scale so both a 17 item score and a 6 item score can be generated from the full scale.

### **Publication:**

Amtmann D, Bamer AM, Cook KF, Askew RL, Noonan VK, Brockway JA. University of Washington self-efficacy scale: a new self-efficacy scale for people with disabilities. *Arch Phys Med Rehabil.* 2012;93(10):1757-65

Full 17 Item Scale Summary Score to T-score Concordance Table

Summary Score	Theta Score	T-Score
17	-3.46	15.40
18	-3.19	18.10
19	-3.00	20.00
20	-2.85	21.50
21	-2.71	22.90
22	-2.60	24.00
23	-2.49	25.10
24	-2.40	26.00
25	-2.31	26.90
26	-2.22	27.80
27	-2.14	28.60
28	-2.07	29.30
29	-1.99	30.10
30	-1.92	30.80
31	-1.85	31.50
32	-1.78	32.20
33	-1.72	32.80
34	-1.65	33.50
35	-1.59	34.10
36	-1.53	34.70
37	-1.46	35.40
38	-1.40	36.00
39	-1.34	36.60
40	-1.28	37.20
41	-1.23	37.70
42	-1.17	38.30
43	-1.11	38.90
44	-1.05	39.50
45	-1.00	40.00
46	-0.94	40.60
47	-0.88	41.20
48	-0.83	41.70
49	-0.77	42.30
50	-0.72	42.80
51	-0.66	43.40
52	-0.61	43.90
53	-0.56	44.40
54	-0.50	45.00

Summary Score	Theta Score	T-Score
55	-0.45	45.50
56	-0.39	46.10
57	-0.34	46.60
58	-0.28	47.20
59	-0.22	47.80
60	-0.17	48.30
61	-0.11	48.90
62	-0.05	49.50
63	0.01	50.10
64	0.06	50.60
65	0.12	51.20
66	0.18	51.80
67	0.25	52.50
68	0.31	53.10
69	0.37	53.70
70	0.44	54.40
71	0.50	55.00
72	0.57	55.70
73	0.64	56.40
74	0.71	57.10
75	0.79	57.90
76	0.87	58.70
77	0.95	59.50
78	1.04	60.40
79	1.13	61.30
80	1.24	62.40
81	1.36	63.60
82	1.50	65.00
83	1.66	66.60
84	1.89	68.90
85	2.26	72.60

6-Item Short Form Summary Score to T-score Concordance Table

Summary Score	Theta Score	T-Score
6	-3.00	20.0
7	-2.62	23.8
8	-2.35	26.5
9	-2.11	28.9
10	-1.90	31.0
11	-1.71	32.9
12	-1.53	34.7
13	-1.36	36.4
14	-1.20	38.0
15	-1.04	39.6
16	-0.89	41.1
17	-0.74	42.6
18	-0.59	44.1
19	-0.44	45.6
20	-0.29	47.1
21	-0.14	48.6
22	0.02	50.2
23	0.18	51.8
24	0.34	53.4
25	0.51	55.1
26	0.69	56.9
27	0.90	59.0
28	1.13	61.3
29	1.41	64.1
30	1.89	68.9

## UW Self-Efficacy Scale for Multiple Sclerosis

How confident are you that:	Not at all	A little	Quite a bit	A lot	Completely
1. You can keep the fatigue caused by your MS from interfering with the things you want to do?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. You can keep the physical discomfort of your MS from interfering with the things you want to do?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. You can keep the pain of your MS from interfering with the things you want to do?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. You can keep the emotional distress caused by your MS from interfering with the things you want to do?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. You can keep any other symptoms or health problems you have from interfering with the things you want to do?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. You can do things other than just taking medication to reduce how much your MS affects your everyday life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. You can keep your MS from interfering with managing your affairs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. You can keep your MS from interfering with family relationships?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. You can keep your MS from interfering with close friendships?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. You can keep your MS from interfering with your ability to deal with unexpected events?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11. You can keep your MS from interfering with your ability to interact socially?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12. You can keep your MS from being the center of your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
13. You can keep your MS from interfering with having a fulfilling life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
14. You can, using all the resources available to you, minimize the occurrence of MS related complications (such as bladder accidents or falls)?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
15. You can bounce back from frustration, discouragement or disappointment that MS may cause you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
16. You can, using all the resources available to you, successfully manage your medication needs?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
17. You can figure out effective solutions to MS-related issues that come up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
18. You can keep your MS from interfering with having an emotionally intimate relationship with a spouse or partner?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prefer not to answer <input type="checkbox"/> Does not apply <input type="checkbox"/>					
19. You can keep your MS from interfering with having a satisfying sexual relationship?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Prefer not to answer <input type="checkbox"/> Does not apply <input type="checkbox"/>					

## UW Self-Efficacy Scale for Multiple Sclerosis Short Form

<b>How confident are you that:</b>	Not at all	A little	Quite a bit	A lot	Completely
1. You can keep the physical discomfort of your MS from interfering with the things you want to do?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. You can keep your MS from interfering with your ability to deal with unexpected events?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. You can keep your MS from interfering with your ability to interact socially?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. You can keep your MS from being the center of your life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. You can bounce back from frustration, discouragement or disappointment that MS may cause you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. You can figure out effective solutions to MS-related issues that come up?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>