

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

by the

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

The self-efficacy scales shown here were developed in a sample of persons with multiple sclerosis (MS) and spinal cord injury (SCI). It has also been validated in persons with muscular dystrophy and post-polio syndrome (unpublished data).

Below you will find both the full 19 item scale and the six item short form for use in persons with disabilities. 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. The development sample included individuals with MS and SCI and additional information about the scale development can be found in the publication below.

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	Summary Score	Theta Score	T-Score
17	-3.46	15.40	55	-0.45	45.50
18	-3.19	18.10	56	-0.39	46.10
19	-3.00	20.00	57	-0.34	46.60
20	-2.85	21.50	58	-0.28	47.20
21	-2.71	22.90	59	-0.22	47.80
22	-2.60	24.00	60	-0.17	48.30
23	-2.49	25.10	61	-0.11	48.90
24	-2.40	26.00	62	-0.05	49.50
25	-2.31	26.90	63	0.01	50.10
26	-2.22	27.80	64	0.06	50.60
27	-2.14	28.60	65	0.12	51.20
28	-2.07	29.30	66	0.18	51.80
29	-1.99	30.10	67	0.25	52.50
30	-1.92	30.80	68	0.31	53.10
31	-1.85	31.50	69	0.37	53.70
32	-1.78	32.20	70	0.44	54.40
33	-1.72	32.80	71	0.50	55.00
34	-1.65	33.50	72	0.57	55.70
35	-1.59	34.10	73	0.64	56.40
36	-1.53	34.70	74	0.71	57.10
37	-1.46	35.40	75	0.79	57.90
38	-1.40	36.00	76	0.87	58.70
39	-1.34	36.60	77	0.95	59.50
40	-1.28	37.20	78	1.04	60.40
41	-1.23	37.70	79	1.13	61.30
42	-1.17	38.30	80	1.24	62.40
43	-1.11	38.90	81	1.36	63.60
44	-1.05	39.50	82	1.50	65.00
45	-1.00	40.00	83	1.66	66.60
46	-0.94	40.60	84	1.89	68.90
47	-0.88	41.20	85	2.26	72.60
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			

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 People with Disabilities and Chronic Conditions

<b>How confident are you that:</b>	Not at all	A little	Quite a bit	A lot	Completely
1. You can keep the fatigue caused by your health condition or disability 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 related to your health condition or disability 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 related to your health condition or disability 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 health condition or disability 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 health condition or disability affects your everyday life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. You can keep your health condition or disability 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 health condition or disability 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 health condition or disability 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 health condition or disability 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 health condition or disability 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 health condition or disability 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 health condition or disability 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 complications related to your health condition or disability (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 your health condition or disability 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 issues that come up related to your health condition or disability?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

<p>18. You can keep your health condition or disability from interfering with having an emotionally intimate relationship with a spouse or partner?</p> <p>Prefer not to answer <input type="checkbox"/>                      Does not apply <input type="checkbox"/></p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
<p>19. You can keep your health condition or disability from interfering with having a satisfying sexual relationship?</p> <p>Prefer not to answer <input type="checkbox"/>                      Does not apply <input type="checkbox"/></p>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

## **UW Self-Efficacy Scale for People with Disabilities and Chronic Conditions 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 related to your health condition or disability 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 health condition or disability 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 health condition or disability 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 health condition or disability 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 your health condition or disability 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 issues that come up related to your health condition or disability?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>