

University of Washington Self-Efficacy Scale

6-Item Short Form V. 1.0©

How confident are you that:	Not at all	A little	Quite a bit	A lot	Completely
1. You can keep the physical discomfort related to 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 your 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 issues that come up related to your MS?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

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