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| **General Self-Efficacy – Adult** | |
| **Protocol Id** | 180601 |
| **Description of Protocol** | This is a 10-item, self-administered set of questions used to assess self-efficacy. |
| **Specific Instructions** | None |
| **Protocol Text** | 1. I can always manage to solve difficult problems if I try hard enough.  1 [ ] Not at all true  2 [ ] Hardly true  3 [ ] Moderately true  4 [ ] Exactly true  2. If someone opposes me, I can find the means and ways to get what I want.  1 [ ] Not at all true  2 [ ] Hardly true  3 [ ] Moderately true  4 [ ] Exactly true  3. It is easy for me to stick to my aims and accomplish my goals.  1 [ ] Not at all true  2 [ ] Hardly true  3 [ ] Moderately true  4 [ ] Exactly true  4. I am confident that I could deal efficiently with unexpected events.  1 [ ] Not at all true  2 [ ] Hardly true  3 [ ] Moderately true  4 [ ] Exactly true  5. Thanks to my resourcefulness, I know how to handle unforeseen situations.  1 [ ] Not at all true  2 [ ] Hardly true  3 [ ] Moderately true  4 [ ] Exactly true  6. I can solve most problems if I invest the necessary effort.  1 [ ] Not at all true  2 [ ] Hardly true  3 [ ] Moderately true  4 [ ] Exactly true  7. I can remain calm when facing difficulties because I can rely on my coping abilities.  1 [ ] Not at all true  2 [ ] Hardly true  3 [ ] Moderately true  4 [ ] Exactly true  8. When I am confronted with a problem, I can usually find several solutions.  1 [ ] Not at all true  2 [ ] Hardly true  3 [ ] Moderately true  4 [ ] Exactly true  9. If I am in trouble, I can usually think of a solution.  1 [ ] Not at all true  2 [ ] Hardly true  3 [ ] Moderately true  4 [ ] Exactly true  10. I can usually handle whatever comes my way.  1 [ ] Not at all true  2 [ ] Hardly true  3 [ ] Moderately true  4 [ ] Exactly true |
| **Selection Rationale** | The scale has been widely used for two decades and is available in 32 languages. It is suitable for a broad range of applications. Reliability is good, with Cronbach’s alphas (statistics used to measure reliability) ranging from 0.76 to 0.90 in surveys in 23 nations. |
| **Source** | Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy Scale. In J. Weinman, S. Wright, & M. Johnston (Eds.), *Measures in health psychology: A user’s portfolio. Causal and control beliefs* (pp. 35-37). Windsor, United Kingdom: National Foundation for Educational Research-Nelson. |
| **Language** | English, German, Spanish, in a total of 32 languages |
| **Participant** | Ages 12 years or older |
| **Personnel and Training Required** | None |
| **Equipment Needs** | None |
| **Standards** | |  |  |  |  | | --- | --- | --- | --- | | **Standard** | **Name** | **ID** | **Source** | | Common Data Element (CDE) | Adult Self-Efficacy Assessment Scale | 3162914 | [CDE Browser](https://cdebrowser.nci.nih.gov/CDEBrowser/search?elementDetails=9&FirstTimer=0&PageId=ElementDetailsGroup&publicId=3162914&version=1.0) | | Logical Observation Identifiers Names and Codes (LOINC) | Gen self-efficacy - adult proto | 62926-1 | [LOINC](http://s.details.loinc.org/LOINC/62926-1.html?sections=Web) | |
| **General References** | Luszczynska, A., Scholz, U., & Schwarzer, R. (2005). The General Self-Efficacy Scale: Multicultural validation studies. *Journal of Psychology,* *139*(5), 439-457.  Zhang, J., Cui, M., Wang, W., Lu, H., Wu, Q., Zhu, X., Miao, D., Zhang, Y., Feng, X., & Xiao, W. (2014). The coexistence of coping resources and specific coping styles in stress: Evidence from full information item bifactor analysis. *PLoS One, 9*(5), e96451. |
| **Protocol Type** | Self-administered questionnaire |
| **Derived Variables** | None |
| **Requirements** | |  |  | | --- | --- | | **Requirement Category** | **Required** | | Average time of greater than 15 minutes in an unaffected individual  Average time of greater than 15 minutes in an unaffected individual | No | | Major equipment  This measure requires a specialized measurement device that may not be readily available in every setting where genome wide association studies are being conducted. Examples of specialized equipment are DEXA, Echocardiography, and Spirometry | No | | Specialized requirements for biospecimen collection  This protocol requires that blood, urine, etc. be collected from the study participants. | No | | Specialized training  This measure requires staff training in the protocol methodology and/or in the conduct of the data analysis. | No | |