

General self-efficacy scale

Think about yourself and your life in general when you answer the following questions.

Item 1: How confident are you that you will be able to achieve most of the goals you have set for yourself?

| | | | | |
|----------------------|--------------------|--------------------|-----------------|---------------------|
| Not at all confident | Slightly confident | Somewhat confident | Quite confident | Extremely confident |
|----------------------|--------------------|--------------------|-----------------|---------------------|

Item 2: How confident are you that you will accomplish difficult tasks?

| | | | | |
|----------------------|--------------------|--------------------|-----------------|---------------------|
| Not at all confident | Slightly confident | Somewhat confident | Quite confident | Extremely confident |
|----------------------|--------------------|--------------------|-----------------|---------------------|

Item 3: In general, how confident are you that you can achieve outcomes that are important to you?

| | | | | |
|----------------------|--------------------|--------------------|-----------------|---------------------|
| Not at all confident | Slightly confident | Somewhat confident | Quite confident | Extremely confident |
|----------------------|--------------------|--------------------|-----------------|---------------------|

Item 4: How confident are you that you will succeed at most any endeavour you set your mind to?

| | | | | |
|----------------------|--------------------|--------------------|-----------------|---------------------|
| Not at all confident | Slightly confident | Somewhat confident | Quite confident | Extremely confident |
|----------------------|--------------------|--------------------|-----------------|---------------------|

Item 5: How confident are you that you will successfully overcome many challenges?

| | | | | |
|----------------------|--------------------|--------------------|-----------------|---------------------|
| Not at all confident | Slightly confident | Somewhat confident | Quite confident | Extremely confident |
|----------------------|--------------------|--------------------|-----------------|---------------------|

Item 6: When things are tough, how confident are you that you can still perform well?

| | | | | |
|----------------------|--------------------|--------------------|-----------------|---------------------|
| Not at all confident | Slightly confident | Somewhat confident | Quite confident | Extremely confident |
|----------------------|--------------------|--------------------|-----------------|---------------------|