**Generalized Self-Efficacy Scale**

|  |
| --- |
| For the next set of statements, please think about how often the statement is true for you. For example, if the statement is extremely uncharacteristic of you, you may choose “Never true.” On the other hand, if the statement is extremely characteristic of you, you may choose “Always true.” Use the options in the middle if you fall somewhere in between. Press the “OK” button after you have made your choice. Please raise your hand if you have any questions. Otherwise, press the Continue button now. |

Questions in order of how they will appear on the screen:

7-point scale:

(1) Never true

(2) Rarely true

(3) Sometimes but infrequently true

(4) Sometimes true

(5) Usually true

(6) Always true

(7) Neutral

|  |
| --- |
| 1. I cannot usually handle whatever comes my way. |

|  |
| --- |
| 2. I can always solve difficult problems if I try hard enough. |
|  |  |  |  |  |  |  |  |  |  |
| 3. If someone is against me, I can find means and ways to get what I want. |
|  |  |  |  |  |  |  |  |  |  |
| 4. It is easy for me to stick to my aims and accomplish my goals. |
|  |  |  |  |  |  |  |  |  |  |
| 5. I am confident that I could deal appropriately with unexpected events. |
|  |  |  |  |  |  |  |  |  |  |
| 6. Thanks to my skillful and creative thinking, I know how to handle unforeseen situations. |

|  |
| --- |
| 7. I solve most problems if I put in the necessary effort. |
|  |  |  |  |  |  |  |  |  |  |
| 8. I can remain calm when I am facing difficulties because I can rely on my abilities to cope. |
|  |  |  |  |  |  |  |  |  |  |
| 9. When I am faced/confronted with a problem, I can usually find several solutions. |
|  |  |  |  |  |  |  |  |  |  |
| 10. If I am in trouble, I can usually think of a solution. |
|  |  |  |  |  |  |  |  |  |  |
| 11. I can usually handle whatever comes my way. |

|  |
| --- |
| 12. I cannot always solve difficult problems if I try hard enough. |