

SO
BC | Science
Of
Behavior
Change

NIH Toolbox Emotion	
NIH TB Self-Efficacy CAT Ages 8-12	
Context	Please read the sentence and decide how true it is of you in general.
Response Options	1=Never; 2=Almost Never; 3=Sometimes; 4=Fairly Often; 5=Very Often
Items	
GSE01	I can manage to solve difficult problems if I try hard enough.
GSE02m	If someone tries to keep me from getting what I want, I can find a way to get what I want.
GSE03m	It is easy for me to stick to my goals and reach them.
GSE04m	I am confident that I could do a good job dealing with unexpected events.
GSE05m	Thanks to my talents and skills, I know how to handle unexpected situations.
GSE06m	I can solve most problems if I try hard enough.
GSE07m	I can stay calm when facing difficulties because I can handle them.
GSE08m	When I have a problem, I can find several ways to solve it.
GSE09	If I am in trouble, I can think of a solution.
GSE10	I can handle whatever comes my way.