Arthritis Self-Efficacy

For each of the following questions, please circle the number that corresponds to how certain you are that you can do the following tasks regularly at the present time.

**Self-Efficacy Pain Scale (may be combined with Other Symptoms Scale)**

1. How certain are you that you can decrease your pain **quite a bit**?
   
   ![Rating Scale](very uncertain 1 2 3 4 5 6 7 8 9 10 very certain)

2. How certain are you that you can continue most of your daily activities?
   
   ![Rating Scale](very uncertain 1 2 3 4 5 6 7 8 9 10 very certain)

3. How certain are you that you can keep arthritis pain from interfering with your sleep?
   
   ![Rating Scale](very uncertain 1 2 3 4 5 6 7 8 9 10 very certain)

4. How certain are you that you can make a **small-to-moderate** reduction in your arthritis pain by using methods other than taking extra medication?
   
   ![Rating Scale](very uncertain 1 2 3 4 5 6 7 8 9 10 very certain)

5. How certain are you that you can make a **large** reduction in your arthritis pain by using methods other than taking extra medication?
   
   ![Rating Scale](very uncertain 1 2 3 4 5 6 7 8 9 10 very certain)

**Self-Efficacy Function Scale**

1. How certain are you that you can walk 100 feet on flat ground in 20 seconds?
   
   ![Rating Scale](very uncertain 1 2 3 4 5 6 7 8 9 10 very certain)

2. How certain are you that you can that you can walk 10 steps downstairs in 7 seconds?
   
   ![Rating Scale](very uncertain 1 2 3 4 5 6 7 8 9 10 very certain)

3. How certain are you that you can get out of an armless chair quickly, without using your hands for support?
   
   ![Rating Scale](very uncertain 1 2 3 4 5 6 7 8 9 10 very certain)

4. How certain are you that you can
button and unbutton 3 medium-size buttons in a row in 12 seconds?

5. How certain are you that you can cut 2 bite-size pieces of meat with a knife and fork in 8 seconds?

6. How certain are you that you can turn an outdoor faucet all the way on and all the way off?

7. How certain are you that you can scratch your upper back with both your right and left hands?

8. How certain are you that you can get in and out of the passenger side of a car without assistance from another person and without physical aids?

9. How certain are you that you can put on a long-sleeve front-opening shirt or blouse (without buttoning) in 8 seconds?

Self-Efficacy Other Symptoms Scale (may be combined with Pain Scale)

1. How certain are you that you can control your fatigue?

2. How certain are you that you can regulate your activity so as to be active without aggravating your arthritis?

3. How certain are you that you can do something to help yourself feel better if you are feeling blue?

4. As compared with other people with arthritis like yours, how certain are you that you can manage arthritis pain during your daily activities?

5. How certain are you that you can manage your arthritis symptoms so that you can do the things you enjoy doing?

6. How certain are you that you can deal with the frustration of arthritis?
Characteristics

<table>
<thead>
<tr>
<th>Scale</th>
<th>No. of items</th>
<th>Observed Range</th>
<th>Mean N=95 (T) N=49 (C)</th>
<th>Standard Deviation N=95 (T) N=49 (C)</th>
<th>Internal Consistency Reliability N=97</th>
<th>Test-Retest Reliability N=91</th>
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</thead>
<tbody>
<tr>
<td>SE Pain</td>
<td>5</td>
<td>1-10</td>
<td>5.20 (T) 4.82 (C)</td>
<td>2.14 (T) 1.79 (C)</td>
<td>.75</td>
<td>.87</td>
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<tr>
<td>SE Function</td>
<td>9</td>
<td>1-10</td>
<td>7.33 (T) 6.79 (C)</td>
<td>2.02 (T) 2.25 (C)</td>
<td>.90</td>
<td>.85</td>
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<tr>
<td>SE Other Symptoms</td>
<td>6</td>
<td>1-10</td>
<td>5.56 (T) 4.92 (C)</td>
<td>2.16 (T) 2.06 (C)</td>
<td>.87</td>
<td>.90</td>
</tr>
</tbody>
</table>

Source of Psychometric Data


Scoring

The score for each item is the number circled. If two consecutive numbers are circled, code the lower number (less self-efficacy). If the numbers are not consecutive, do not score the item. The score for the scale is the mean of the items. If more than 25% of the items are missing, do not score the scale.

Comments

The original response categories for these scales were 10-100, with “moderately certain” place midway between “very uncertain” and “very certain”. We found that subjects tended to circle the phrases rather than the numbers, and there was some confusion about whether “moderate” was truly in the middle for all people, so we dropped “moderately” from the scales. Data above have been adjusted to reflect the 1-10 response categories that we use now. The Self-Efficacy Function Scale should be scored separately, but Self-Efficacy Pain and Self-Efficacy Other Symptoms may be combined.

There are 2 ways to format these items. We use the format above, because it takes up less room on the questionnaire. The other is shown on the web page.

References

Current 8-item scale:

1. How certain are you that you can decrease your pain quite a bit?

2. How certain are you that you can keep your arthritis or fibromyalgia pain from interfering with your sleep?

3. How certain are you that you can keep your arthritis or fibromyalgia pain from interfering with the things you want to do?

4. How certain are you that you can regulate your activity so as to be active without aggravating your arthritis or fibromyalgia?

5. How certain are you that you can keep the fatigue caused by your arthritis or fibromyalgia from interfering with the things you want to do?

6. How certain are you that you can do something to help yourself feel better if you are feeling blue?

7. As compared with other people with arthritis or fibromyalgia like yours, how certain are you that you can manage pain during your daily activities?

8. How certain are you that you can deal with the frustration of arthritis or fibromyalgia?

Scoring
The score for each item is the number circled. If two consecutive numbers are circled, code the lower number (less self-efficacy). If the numbers are not consecutive, do not score the item. The score for the scale is the mean of the eight items. If more than two items are missing, do not score the scale.

Characteristics
Tested on 175 subjects with arthritis.

<table>
<thead>
<tr>
<th>No. of items</th>
<th>Observed Range</th>
<th>Mean</th>
<th>Standard Deviation</th>
<th>Internal Consistency Reliability</th>
<th>Test-Retest Reliability</th>
</tr>
</thead>
<tbody>
<tr>
<td>8</td>
<td>1-10</td>
<td>5.53</td>
<td>2.20</td>
<td>.92</td>
<td>NA</td>
</tr>
</tbody>
</table>
Source of Psychometric Data

Comments
This is the scale we use in our current studies, as it is much less burdensome for subjects than the original 3 scales with 20 total items. We have not included function items because we also use the HAQ and there is a high correlation between the SE function scale and the HAQ disability scale. There are 2 ways to format these items. We use the format above, because it takes up less room on the questionnaire. The other is shown on the web site (address below). This scale is available in Spanish.

References

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