

General Self-Efficacy Scale

PsycTESTS Citation:

Schwarzer, R. (1995). General Self-Efficacy Scale [Database record]. Retrieved from PsycTESTS. doi: <https://dx.doi.org/10.1037/t00393-000>

Instrument Type:

Rating Scale

Test Format:

Items are rated on a 4-point scale (1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true).

Source:

Author supplied.

Original Publication:

Schwarzer, R. & Jerusalem, M. (n.d.) The General Self-Efficacy Scale (GSE). Retrieved from <http://userpage.fu-berlin.de/~health/engscal.htm>

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General Self-Efficacy Scale
GSE

Items

1. I can always manage to solve difficult problems if I try hard enough.
2. If someone opposes me, I can find the means and ways to get what I want.
3. It is easy for me to stick to my aims and accomplish my goals.
4. I am confident that I could deal efficiently with unexpected events.
5. Thanks to my resourcefulness, I know how to handle unforeseen situations.
6. I can solve most problems if I invest the necessary effort.
7. I can remain calm when facing difficulties because I can rely on my coping abilities.
8. When I am confronted with a problem, I can usually find several solutions.
9. If I am in trouble, I can usually think of a solution.
10. I can usually handle whatever comes my way.