(110) General Self-efficacy Scale: Personal Scale

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|  | Please circle the number that most closely fits your answer | Not at all true | Hardly true | Moderately true | Exactly true |
| 1. | I can always manage to solve difficult problems if I try hard enough. | 1 | 2 | 3 | 4 |
| 2. | It is easy for me to stick to my aims and accomplish my goals. | 1 | 2 | 3 | 4 |
| 3. | I am confident that I could deal efficiently with unexpected events. | 1 | 2 | 3 | 4 |
| 4. | Thanks to my resourcefulness, I know how to handle unforeseen situations. | 1 | 2 | 3 | 4 |
| 5. | I can solve most problems if I invest the necessary effort. | 1 | 2 | 3 | 4 |
| 6. | I can remain calm when facing difficulties because I can rely on my coping abilities. | 1 | 2 | 3 | 4 |
| 7. | When I am confronted with a problem, I can usually find several solutions. | 1 | 2 | 3 | 4 |
| 8. | If I am in trouble, I can usually think of a solution. | 1 | 2 | 3 | 4 |
| 9. | I can usually handle whatever comes my way. | 1 | 2 | 3 | 4 |