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| (66) | Self-efficacy |

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|  | Self-efficacy | | | | | |
|  | Please select your situation in the past month | No | Rather little | Average | Rather a lot | Very much |
| 1. | Controlling things happening to you | 1 | 2 | 3 | 4 | 5 |
| 2. | Being able to resolve own problems | 1 | 2 | 3 | 4 | 5 |
| 3. | Being able to perform as well as others | 1 | 2 | 3 | 4 | 5 |
| 4. | Being able to change important things | 1 | 2 | 3 | 4 | 5 |
| 5. | Feeling useless | 1 | 2 | 3 | 4 | 5 |
| 6. | Feeling helpless to tackle life problems | 1 | 2 | 3 | 4 | 5 |
| 7. | Feeling manipulated in life | 1 | 2 | 3 | 4 | 5 |
| 8. | Regarding oneself as a loser | 1 | 2 | 3 | 4 | 5 |