

SCI Exercise Self-Efficacy Scale (ESES)

Assessment Overview

Assessment Area

ICF Domain:

Body Function

Subcategory:

General Functions

You Will Need

Length:

5 minutes, 10 items

Scoring:

4-point Likert scales for items
Total score (out of 40) is sum of item scores.

Higher score represents greater perceived self-efficacy

Summary

The SCI Exercise Self-Efficacy Scale (ESES) is a scale developed to measure a person with SCI's beliefs or confidence that they can perform various physical activities and exercise (on a scale of 1-4). One dichotomous item asks whether the individual has exercised at home and/or in a gym in the past 12 months.

Availability

Available for free here:

http://www.scireproject.com/sites/default/files/worksheet_exercise_self-efficacy_scale_eses_0.docx

Languages: English

Assessment Interpretability

Minimal Clinically Important Difference

Not established in SCI

Statistical Error

Not established in SCI

Typical Values

Mean (SD) Scores:

Item 1: 3.2582 (.8027)

Item 2: 3.3533 (.8450)

Item 3: 3.1739 (.8268)

Item 4: 3.1359 (.8073)

Item 5: 2.8152 (.8881)

Item 6: 2.9918 (.9116)

Item 7: 3.2092 (.9666)

Item 8: 3.2989 (.9470)

Item 9: 3.2880 (.8912)

Item 10: 3.2446 (.9367)

(Kroll et al. 2007; n=368, 221 males, mixed injury types, no information on chronicity)

Measurement Properties

Validity – **Moderate**

Moderate correlation with the Generalised Self Efficacy Scale (GSE):

$r = 0.316$

(Kroll et al. 2007; n=53, 31 males, mixed injury types, no information on chronicity)

Number of studies reporting validity data: 1

Reliability – **High**

High Test-retest Reliability:

ICC = 0.81

(Nooijen et al. 2013; n=53, 44 males, Dutch version of ESES, mixed injury types, mean (SD) time since injury = 107.2 (122.3) months)

High Internal Consistency:

$\alpha = 0.87-0.93$

(Kroll et al. 2007; n=368, 221 males, mixed injury types, no information on chronicity)

Number of studies reporting reliability data: 3

Responsiveness

Floor/Ceiling Effect:

Neither was noted, but distribution is negatively skewed

(Nooijen et al. 2013; n=53, 44 males, Dutch version of ESES, mixed injury types, mean (SD) time since injury = 107.2 (122.3) months)

Effect Size:

Not established in SCI

Number of studies reporting responsiveness data: 1