## 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](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)
<table>
<thead>
<tr>
<th>Measurement Properties</th>
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<tbody>
<tr>
<td><strong>Validity</strong> – <strong>Moderate</strong></td>
<td><strong>Reliability</strong> – <strong>High</strong></td>
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| *Moderate* correlation with the Generalised Self Efficacy Scale (GSE): \( r = 0.316 \) | **Test-retest Reliability:**  
\( \text{ICC} = 0.81 \)  
(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 validity data:** 1  
**Number of studies reporting reliability data:** 3 |

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| **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 |  |