The Moorong Self-Efficacy Scale (MSES) is a self-report questionnaire developed to measure self-efficacy in performing functional activities of daily living in people with SCI. It consists of two factors and sixteen items. Monitoring specific areas of higher or lower self-efficacy may assist a person’s rehabilitation.

Availability
Available for free from “Moorong Self-Efficacy Scale (MSES)” page.

Languages: English

Typical Values
Mean (SD) scores:
1 month after re-mobilization following acute treatment = 84.10 (19.72)
3 months after re-mobilization following acute treatment = 91.90 (16.95)
6 months after re-mobilization following acute treatment = 91.55 (18.92)
(Middleton et al., 2003; N=31, 23 male, mixed injury types, inpatient, mean (SD) time since injury = 2.01 (2.50) months)
Post-discharge from inpatient rehabilitation = 84.14 (21.72)
(Middleton et al., 2003; N=108, 30 male, mixed injury types, community living, mean (SD) time since injury = 7.92 (9.83) years)
### Measurement Properties

**Validity – Moderate to High**

**High** correlation with Sickness Impact Profile-68 (SIP-68) Psychosocial Subscale:
\[ \rho = -0.80 \]
(Middleton et al., 2003; N=36, 28 male, mixed injury types; mean (SD) time since injury = 11.2(9.7) years)

**Moderate** to **High** correlation with Depression Anxiety Stress Scale - 21 (DASS-21) Subscales:
\[ r = -0.58 \text{ to } -0.63 \]
(Killic et al., 2013; N=60, 41 male, mixed injury types; mean (SD) time since injury = 5.7(7.3) years)

**Moderate** correlation with Centre for Epidemiologic Diseases Depression Scale (CESD-10) and correlation with Satisfaction with Life Scale (SWLS):
\[ \text{CESD: } r = -0.54; \text{ SWLS: } r = 0.51 \]
(Miller, 2009; N=162, 68.5% male, mixed injury types, mean (SD) time since injury = 9.2(8.6) years)

**Moderate** correlation with Hospital Anxiety and Depression Scale (HADS) Subscales:
\[ \rho = -0.31 \text{ to } -0.56 \]
(Munce et al. 2015; n=99, traumatic SCI, outpatient, mean (SD) time since injury = 17.5 (12.3) years)

**Moderate** correlation with age and Factor 1 (Social Function Self-Efficacy):
\[ r = -0.32 \ (P<.01) \]
(Middleton et al., 2016; N=161, 118M; age: 48.5±15.1; level of injury: 86 paraplegic, 75 tetraplegic; time postinjury: 16.2±12.2)

**Number of studies reporting validity data:** 5

**Reliability – Low to High**

**Low** to **High** internal consistency for the item-total correlation:
6 of 8 items: 0.46-0.80
2 of 8 items (item 2 and item 4): 0.17 and 0.25
(Middleton et al., 2003; N=36, 28 male, mixed injury types; mean (SD) time since injury = 11.2(9.7) years)

**Moderate** internal consistency for Factor 1 (social function self-efficacy; 5 items):
\[ \alpha=0.77 \]

**High** internal consistency for Factor 2 (general self-efficacy; 4 items):
\[ \alpha=0.81 \]

**High** internal consistency for Factor 3 (personal function self-efficacy; 7 items):
\[ \alpha=0.80 \]
(Middleton et al., 2016; N=161, 118M; age: 48.5±15.1; level of injury: 86 paraplegic, 75 tetraplegic; time postinjury: 16.2±12.2)

**Number of studies reporting reliability data:** 2

### Responsiveness

**Floor/Ceiling Effect:**
Not established in SCI

**Effect Size:**
Not established in SCI

**Number of studies reporting responsiveness data:** 1

**Detection of Change:**
Wilcoxon signed-ranks tests found significant changes in:
- Total score and 6/8 items between 1 and 3 months post-re-mobilization.
- 1/8 items between 3 and 6 months post-re-mobilization.

(Middleton et al., 2003; N=31, 23 male, mixed injury types, inpatient, mean (SD) time since injury = 2.01 (2.50) months)