

Items Composing the Moorong Self-Efficacy Scale

Adapted from Middleton et al. 2003. Self-Efficacy and spinal cord injury: Psychometric Properties of a new scale, 48: 281-288 ; Appendix 1 Questions, with permission from Springer Nature Publishing.

Rate the following on a scale of 1-very uncertain to 7-very certain.

1. I can maintain my personal hygiene with or without help.
2. I can avoid having bowel accidents.
3. I can participate as an active member of the household.
4. I can maintain relationships in my family.
5. I can get out of my house whenever I need to.
6. I can have a satisfying sexual relationship.
7. I can enjoy spending time with my friends.
8. I can find hobbies and leisure pursuits that interest me.
9. I can maintain contact with people who are important to me.
10. I can deal with unexpected problems that come up in life.
11. I can imagine being able to work at some time in the future.
12. I can accomplish most things I set out to do.
13. When trying to learn something new, I will persist until I am successful.
14. When I see someone I would like to meet, I am able to make the first contact.
15. I can maintain good health and well-being.
16. I can imagine having a fulfilling lifestyle in the future