**Research Summary – University of Washington Self-Efficacy Scale short-form (UW-SES-6) – Quality of Life**

| **Author Year**  **Country  Research Design**  **Setting** | **Demographics and Injury Characteristics of Sample** | **Validity** | **Reliability** | **Responsiveness Interpretability** |
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| [Post et al. (2018)](https://www.nature.com/articles/s41393-018-0166-z)  Cross-sectional psychometric study  Community, the Netherlands | N=261  Mean age (SD): 48.5 (8.8)  Time since injury (SD): 24.1 (9.1) years  Gender: 73.6% male  Etiology:  Sports/Leisure: 25.7%  Violence: 1.5%  Occupational: 10.7%  Road traffic accident: 45.2%  Fall: 9.2%  Non-traumatic SCI: 9.6%  Lesion level: 39.8% tetraplegia | Results of Rasch-based fit statistics:  Original UW-SES-6:  Chi squared value: 38.998  Degrees of freedom: 30  P-Value: 0.126  UW-SES-6 with items 2, 3 and 4 collapsed:  Chi squared value: 32.185  Degrees of freedom: 30  P-Value: 0.359 | **Test-retest, Inter-rater, Intra-rater**  Person separation index: 0.87 |  |
| [Chung et al. (2016)](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5011442/)  Longitudinal study  Recruited from multiple facilities in Washington State. | N=1507  Muscular dystrophy (MD) group: n=172 (78M, 94F)  Multiple sclerosis (MS) group: n=868 (151M, 716F)  PPS (post-polio syndrome) group: n=225 (56M, 169F)  SCI group: n=242 (164M, 78F)  Age MD group (±SD): 53.38 (±12.68)  Age range MD group: 20-85  Age MS group (±SD): 53.60 (±10.74)  Age range MS group: 21-84  Age PPS group (±SD): 66.99 (±8.28)  Age range PPS group: 41-91  Age SCI group (±SD): 50.03 (±13.33)  Age range SCI group: 21-88  Ethnicity MD group:  White: n=164 (95.3%)  Nonwhite: n=6 (3.5%)  Unknown: n=2 (1.2%)  Ethnicity MS group:  White: n=810 (93.3%)  Nonwhite: n=53 (6.1%)  Unknown: n=5 (0.6%)  Ethnicity PPS group:  White: n=210 (93.3%)  Nonwhite: n=15 (6.7%)  Ethnicity SCI group:  White: n=207 (85.5%)  Nonwhite: n=34 (14.0%)  Unknown: n=1 (0.4%) | Results from confirmatory factor analysis:  Chi squared: 393.127 (P<0.001)  Degrees of freedom: 69  Root mean square error approximation: 0.112  Comparative fit index: 0.981  Tucker-Lewis index: 0.983 |  |  |
| [Amtmann et al. (2012)](https://www.sciencedirect.com/science/article/pii/S0003999312003206?via%3Dihub)  Longitudinal study  Recruited from National MS Society, Northwest Regional Spinal Cord Injury Model System and the Shepherd Center at the Virginia Crawford Research Institute; Atlanta, GA. | N=726  MS (multiple sclerosis) group: n=473 (391F, 82M)  SCI group: n=253 (94F, 159M)  Age MS group (±SD): 52.3 (±10.9)  Age range MS group: 21-82  Age SCI group (±SD): 47.1 (±14.3)  Age range SCI group: 19-85  Ethnicity MS group:  Caucasian: n=458 (96.8%)  Native American or Alaska native: n=16 (3.4%)  Asian: n=4 (0.9%)  African American: n=9 (1.9%)  Ethnicity SCI group:  Caucasian: n=211 (83.7%)  Native American or Alaska native: n= (3.6%)  Asian: n=6 (2.4%)  African American: n=29 (11.5%)  SF-8 Mental score MS group: 46.6 ± 10.2  SF-8 Physical score MS group: 40.3 ± 10.2  SF-8 Mental score SCI group: 48.6 ± 10.4  SF-8 physical score SCI group: 38.9 ± 9.6 | Correlation between Chronic Disease Self-Efficacy 6-item scale and 17-item UW-SES: r=0.83  Correlation between Chronic Disease Self-Efficacy 6-item scale and 6-item UW-SES: r=0.81 | **Test-retest, Inter-rater, Intra-rater:**  Cronbach alpha value for original 17-item version: 0.96  Cronbach alpha value for shortened 6-item version: 0.90 |  |