

The Exercise Self-Efficacy Scale (ESES)

Adapted from Kroll K et al. The SCI Exercise Self-Efficacy Scale (ESES): development and psychometric properties, International Journal of Behavioral Nutrition and Physical Activity, Vol 4, 2007; Table 1 . Used with permission from Biomed Central Ltd.

This scale instructs participants to answer on a 4-point rating scale how confident they are with regard to carrying out regular physical activities and exercise.

ESES Rating Scale:
 1 = not always true
 2 = rarely true
 3 = moderately true
 4 = always true

Patient Name: _____

Date: _____

I am confident....	Rating:
1) that I can overcome barriers and challenges with regard to physical activity and exercise if I try hard enough	1 2 3 4
2) that I can find means and ways to be physically active and exercise	1 2 3 4
3) that I can accomplish my physical activity and exercise goals that I set	1 2 3 4
4) that when I am confronted with a barrier to physical activity or exercise I can find several solutions to overcome this barrier	1 2 3 4
5) that I can be physically active or exercise even when I am tired	1 2 3 4
6) that I can be physically active or exercise even when I am feeling depressed	1 2 3 4
7) that I can be physically active or exercise even without the support of my family or friends	1 2 3 4
8) that I can be physically active or exercise without the help of a therapist or trainer	1 2 3 4
9) that I can motivate myself to start being physically active or exercising again after I've stopped for a while	1 2 3 4
10) that I can be physically active or exercise even if I had no access to a gym, exercise, training or rehabilitation facility	1 2 3 4

Sum: _____