

# University of Washington Self-Efficacy Scale Short Form (UW-SES-6)

## Assessment Overview

### Assessment Area

**ICF Domain:**

Activities and Participation

**Subcategory:**

Major Life Areas

### You Will Need

**Length:**

6 items (long form is 19 items)

**Scoring:**

Each of the six responses are scored from 1 (“not at all”) to 5 (“completely”). The sum of the response scores is then scaled to a T-score, a normal distribution with a mean of 50 and a standard deviation of 10 for patients with chronic conditions.

### Summary

The University of Washington Self-Efficacy Scale Short Form (UW-SES-6) is a short-form scale that measures the ability of patients with chronic conditions to deal with challenges related to those chronic conditions.

Questions on the short form scale ask patients with chronic conditions about how their conditions affect their social life, physical health, mental health, as well as other factors.

### Availability

**Worksheet:** Can be found for free [here](#).

## Assessment Interpretability

### Minimal Clinically Important Difference

Not established in SCI

### Statistical Error

Not established in SCI

### Typical Values

Not established in SCI

## Measurement Properties

### Validity – High

**High Correlation with Chronic Disease Self-Efficacy 6-Item Scale (in study with participants with either SCI or MS):**

$r=0.81$

(Amtmann et al. 2012; n=726, 473 with MS, 253 with SCI, age SCI group ( $\pm$ SD): 47.1 ( $\pm$ 14.3))

**Number of studies reporting validity data: 3**

### Reliability – High

**High Person Separation Index:**

PSI = 0.89

(Post et al. 2018; n=261; mean age (SD): 48.5 (8.8); 39.8% tetraplegia; time since injury (SD): 24.1 (9.1) years)

**High Internal Consistency (in study with participants with either SCI or MS):**

$\alpha = 0.90$

(Amtmann et al. 2012; n=726, 473 with MS, 253 with SCI, age SCI group ( $\pm$ SD): 47.1 ( $\pm$ 14.3))

**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: 0**