The SCI Exercise Self-Efficacy Scale (ESES) is a SCI-specific scale developed to measure perceived exercise self-efficacy for various types of physical activities. It requires individuals to indicate their confidence in performing physical activities and exercise. One dichotomous item asks whether the individual has exercised at home and/or in a gym in the past 12 months.

You Will Need
Length: 5 minutes, 10 items
Scoring: 4-point Likert scales for items
Total score (out of 40) is sum of item scores. Higher score represents greater perceived self-efficacy

Availability
http://www.scireproject.com/sites/default/files/worksheet_exercise_self-efficacy_scale_eses_0.docx
Languages: English

Typical Values
Mean (SD) Scores:
Item 1: 3.2582 (.8027)
Item 2: 3.3533 (.8450)
Item 3: 3.1739 (.8268)
Item 4: 3.1359 (.8073)
Item 5: 2.8152 (.8881)
Item 6: 2.9918 (.9116)
Item 7: 3.2092 (.9666)
Item 8: 3.2989 (.9470)
Item 9: 3.2880 (.8912)
Item 10: 3.2446 (.9367)
(Kroll et al. 2007; n=368, 221 males, mixed injury types, no information on chronicity)
<table>
<thead>
<tr>
<th>Measurement Properties</th>
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<td><strong>Validity – Moderate</strong></td>
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| *Moderate* correlation with the Generalised Self Efficacy Scale (GSE):  
Correlation = 0.316  
(Kroll et al. 2007; n=53, 31 males, mixed injury types, no information on chronicity)  
**Number of studies reporting validity data: 1** |
| **Reliability – High** |
| *High* Test-retest Reliability:  
ICC = 0.81  
(Nooijen et al. 2013; n=53, 44 males, Dutch version of ESES, mixed injury types, mean (SD) time since injury = 107.2 (122.3) months)  
*High* Internal Consistency:  
α = 0.93  
(Kroll et al. 2007; n=368, 221 males, mixed injury types, no information on chronicity)  
**Number of studies reporting reliability data: 3** |
| **Responsiveness** |
| **Floor/Ceiling Effect:**  
Neither was noted, but distribution is negatively skewed  
(Nooijen et al. 2013; n=53, 44 males, Dutch version of ESES, mixed injury types, mean (SD) time since injury = 107.2 (122.3) months)  
**Effect Size:**  
Not established in SCI  
**Number of studies reporting responsiveness data: 1** |