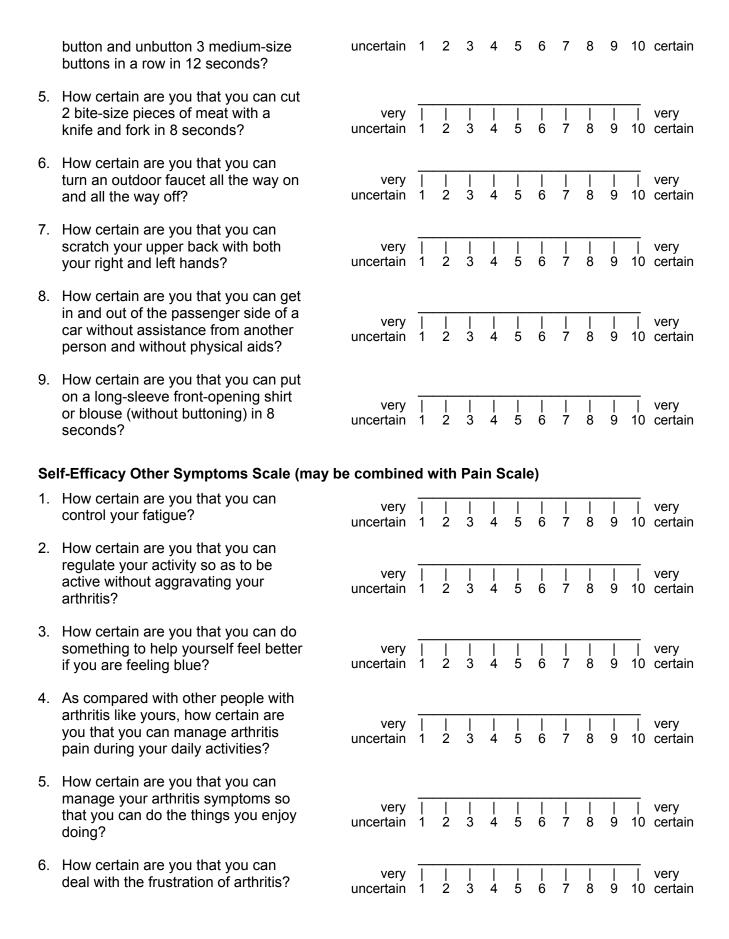STANFORD
PATIENT EDUCATION
RESEARCH CENTER

Arthritis Self-Efficacy

For each of the following questions, please circle the number that corresponds to how certain you are that you can do the following tasks regularly at the present time.

Self-Efficacy Pain Scale (may be combined with Other Symptoms Scale)

1. How certain are you that you can decrease your pain **quite a bit**?

very uncertain | 1 2 3 4 5 6 7 8 9 10 | very certain

2. How certain are you that you can continue most of your daily activities?

very uncertain | 1 2 3 4 5 6 7 8 9 10 | very certain

3. How certain are you that you can keep arthritis pain from interfering with your sleep?

very uncertain | 1 2 3 4 5 6 7 8 9 10 | very certain

4. How certain are you that you can that you can make a **small-to-moderate** reduction in your arthritis pain by using methods other than taking extra medication?

very uncertain | 1 2 3 4 5 6 7 8 9 10 | very certain

5. How certain are you that you can make a **large** reduction in your arthritis pain by using methods other than taking extra medication?

very uncertain | 1 2 3 4 5 6 7 8 9 10 | very certain

Self-Efficacy Function Scale

1. How certain are you that you can walk 100 feet on flat ground in 20 seconds?

very uncertain | 1 2 3 4 5 6 7 8 9 10 | very certain

2. How certain are you that you can that you can walk 10 steps downstairs in 7 seconds?

very uncertain | 1 2 3 4 5 6 7 8 9 10 | very certain

3. How certain are you that you can get out of an armless chair quickly, without using your hands for support?

very uncertain | 1 2 3 4 5 6 7 8 9 10 | very certain

4. How certain are you that you can

very | | | | | | | | | | | very

button and unbutton 3 medium-size buttons in a row in 12 seconds? uncertain 1 2 3 4 5 6 7 8 9 10 certain

5. How certain are you that you can cut 2 bite-size pieces of meat with a knife and fork in 8 seconds?

very uncertain 1 2 3 4 5 6 7 8 9 10 very certain

6. How certain are you that you can turn an outdoor faucet all the way on and all the way off?

very uncertain 1 2 3 4 5 6 7 8 9 10 very certain

7. How certain are you that you can scratch your upper back with both your right and left hands?

very uncertain 1 2 3 4 5 6 7 8 9 10 very certain

8. How certain are you that you can get in and out of the passenger side of a car without assistance from another person and without physical aids?

very uncertain 1 2 3 4 5 6 7 8 9 10 very certain

9. How certain are you that you can put on a long-sleeve front-opening shirt or blouse (without buttoning) in 8 seconds?

very uncertain 1 2 3 4 5 6 7 8 9 10 very certain

Self-Efficacy Other Symptoms Scale (may be combined with Pain Scale)

1. How certain are you that you can control your fatigue?

very uncertain 1 2 3 4 5 6 7 8 9 10 very certain

2. How certain are you that you can regulate your activity so as to be active without aggravating your arthritis?

very uncertain 1 2 3 4 5 6 7 8 9 10 very certain

3. How certain are you that you can do something to help yourself feel better if you are feeling blue?

very uncertain 1 2 3 4 5 6 7 8 9 10 very certain

4. As compared with other people with arthritis like yours, how certain are you that you can manage arthritis pain during your daily activities?

very uncertain 1 2 3 4 5 6 7 8 9 10 very certain

5. How certain are you that you can manage your arthritis symptoms so that you can do the things you enjoy doing?

very uncertain 1 2 3 4 5 6 7 8 9 10 very certain

6. How certain are you that you can deal with the frustration of arthritis?

very uncertain 1 2 3 4 5 6 7 8 9 10 very certain

Characteristics

Scale	No. of items	Observed Range	Mean N=95 (T) N=49 (C)	Standard Deviation N=95 (T) N=49 (C)	Internal Consistency Reliability N=97	Test-Retest Reliability N=91
SE Pain	5	1-10	5.20 (T) 4.82 (C)	2.14 (T) 1.79 (C)	.75	.87
SE Function	9	1-10	7.33 (T) 6.79 (C)	2.02 (T) 2.25 (C)	.90	.85
SE Other Symptoms	6	1-10	5.56 (T) 4.92 (C)	2.16 (T) 2.06 (C)	.87	.90

Source of Psychometric Data

Stanford Arthritis Self-Management Study. Psychometrics reported in: Lorig K, Chastain RL, Ung E, Shoor S, & Holman HR: Development and evaluation of a scale to measure self-efficacy in people with arthritis. *Arthritis and Rheumatism*, 32, 1, 1989, pp. 37-44.

Scoring

The score for each item is the number circled. If two consecutive numbers are circled, code the lower number (less self-efficacy). If the numbers are not consecutive, do not score the item. The score for the scale is the mean of the items. If more than 25% of the items are missing, do not score the scale.

Comments

The original response categories for these scales were 10-100, with "moderately certain" place midway between "very uncertain" and "very certain". We found that subjects tended to circle the phrases rather than the numbers, and there was some confusion about whether "moderate" was truly in the middle for all people, so we dropped "moderately" from the scales. Data above have been adjusted to reflect the 1-10 response categories that we use now. The Self-Efficacy Function Scale should be scored separately, but Self-Efficacy Pain and Self-Efficacy Other Symptoms may be combined.

There are 2 ways to format these items. We use the format above, because it takes up less room on the questionnaire. The other is shown on the web page.

References

Lorig K, Chastain RL, Ung E, Shoor S, & Holman HR: Development and evaluation of a scale to measure self-efficacy in people with arthritis. *Arthritis and Rheumatism*, 32, 1, 1989, pp. 37-44.

Current 8-item scale:

1. How certain are you that you can decrease your pain quite a bit?

   very uncertain | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | very certain

2. How certain are you that you can keep your arthritis or fibromyalgia pain from interfering with your sleep?

   very uncertain | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | very certain

3. How certain are you that you can keep your arthritis or fibromyalgia pain from interfering with the things you want to do?

   very uncertain | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | very certain

4. How certain are you that you can regulate your activity so as to be active without aggravating your arthritis or fibromyalgia?

   very uncertain | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | very certain

5. How certain are you that you can keep the fatigue caused by your arthritis or fibromyalgia from interfering with the things you want to do?

   very uncertain | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | very certain

6. How certain are you that you can do something to help yourself feel better if you are feeling blue?

   very uncertain | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | very certain

7. As compared with other people with arthritis or fibromyalgia like yours, how certain are you that you can manage pain during your daily activities?

   very uncertain | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | very certain

8. How certain are you that you can deal with the frustration of arthritis or fibromyalgia?

   very uncertain | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | very certain

Scoring

The score for each item is the number circled. If two consecutive numbers are circled, code the lower number (less self-efficacy). If the numbers are not consecutive, do not score the item. The score for the scale is the mean of the eight items. If more than two items are missing, do not score the scale.

Characteristics

Tested on 175 subjects with arthritis.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
8	1-10	5.53	2.20	.92	NA

Source of Psychometric Data

Stanford Arthritis Self-Management Study participants. Unpublished.

Comments

This is the scale we use in our current studies, as it is much less burdensome for subjects than the original 3 scales with 20 total items. We have not included function items because we also use the HAQ and there is a high correlation between the SE function scale and the HAQ disability scale. There are 2 ways to format these items. We use the format above, because it takes up less room on the questionnaire. The other is shown on the web site (address below). This scale is available in Spanish.

References

Lorig K, Chastain RL, Ung E, Shoor S, & Holman HR: Development and evaluation of a scale to measure self-efficacy in people with arthritis. *Arthritis and Rheumatism*, 32, 1, 1989, pp. 37-44 (original scales).

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