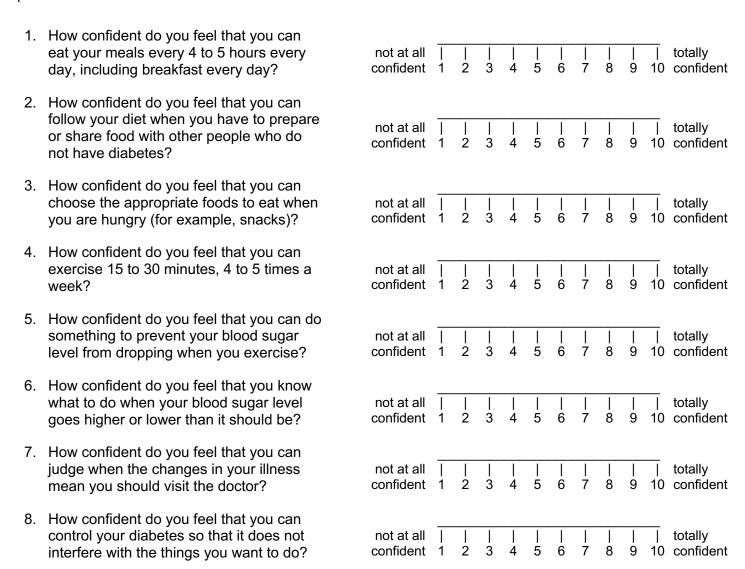
# **Self-Efficacy for Diabetes**

We would like to know how confident you are in doing certain activities. For each of the following questions, please choose the number that corresponds to your confidence that you can do the tasks regularly at the present time.



### **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. Higher number indicates higher self-efficacy.

### **Characteristics**

Tested on 186 subjects with diabetes.

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
8	1-10	6.87	1.76	.828	NA

## **Source of Psychometric Data**

Stanford English Diabetes Self-Management study. Study reported in Lorig K, Ritter PL, Villa FJ, Armas J. Community-Based Peer-Led Diabetes Self-Management: A Randomized Trial. The Diabetes Educator 2009; Jul-Aug;35(4):641-51.

#### **Comments**

This 8-item scale was originally developed and tested in Spanish for the Diabetes Self-Management study. For internet studies, we add radio buttons below each number. There is another way that we use to format these items, which takes up less space on a questionnaire, shown also in the PDF document. This scale is available in Spanish.

#### References

Ritter, P. L., Lorig, K., & Laurent, D. D. (2016). Characteristics of the Spanish-and English-language self-efficacy to manage diabetes scales. The Diabetes Educator, 42(2), 167-177.

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