



# Arthritis Self-Efficacy (8-Item)

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.

- 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 Unpublished.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 used in our most recent studies, as it is much less burdensome for subjects than the original 3 scales with 20 total items. We did not include function items because we also used the HAQ and there is a high correlation between the SE function scale and the HAQ disability scale. 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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