



# Self-Efficacy for Caregiving

We are interested in how sure you are that you can keep up your own activities and also respond to caregiving situations. For each of the following questions, please **circle** the number that corresponds with **how sure** you are that you can do the tasks regularly **at the present time**.

1. How sure or confident are you that you can ask a friend/family member to stay with your care partner for a day when you need to run errands or see the doctor yourself?  
not at all confident | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | totally confident
2. How sure or confident are you that you can stop yourself from thinking about unpleasant aspects of taking care of your care partner?  
not at all confident | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | totally confident
3. How sure or confident are you that you can stop yourself from worrying about future problems that might come up with your care partner?  
not at all confident | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | totally confident
4. How sure or confident are you that you can cope with unexpected or new situations that may come up with your care partner?  
not at all confident | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | totally confident
5. How sure or confident are you that you can do the things necessary to keep your stress under control?  
not at all confident | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | totally confident
6. How sure or confident are you that you can do the things necessary to take care of your own health?  
not at all confident | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | totally confident
7. How sure or confident are you that you can find resources in the community (meals, legal, supports groups, etc.) that can help you take care of yourself and your care partner?  
not at all confident | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | totally confident
8. How sure or confident are you that you can sometimes prevent your care partner from becoming angry or disruptive?  
not at all confident | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | totally confident

## 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 47 caregiver subjects

No. of items	Observed Range	Mean	Standard Deviation	Internal Consistency Reliability	Test-Retest Reliability
8	1.38-10	5.88	1.90	.88	.79

## Source of Psychometric Data

Philip L Ritter, PhD, Khushboo Sheth, MD, Anita L Stewart, PhD, Dolores Gallagher-Thompson, PhD, Kate Lorig, DrPH. (2020) **Development and Evaluation of the Eight-Item Caregiver Self-Efficacy Scale (CSES-8)**, *The Gerontologist*, gnaa174, <https://doi.org/10.1093/geront/gnaa174>

## Comments

For internet studies, we add radio buttons below each number.

## References

Lorig, K., Ritter, P. L., Laurent, D. D., & Yank, V. (2019). **Building better caregivers: A pragmatic 12-month trial of a community-based workshop for caregivers of cognitively impaired adults**. *Journal of Applied Gerontology*, 38(9), 1228-1252.

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**Self-Management Resource Center**  
smrc@selfmanagementresource.com  
<https://selfmanagementresource.com>