

SELF-CARE SELF-EFFICACY SCALE

In general, how confident are you that you can:

(Circle **one** number for each statement)

	Not Confident		Somewhat Confident		Extremely Confident
1. <u>Keep yourself stable and free of symptoms?</u>	1	2	3	4	5
2. <u>Follow the treatment plan</u> you have been given?	1	2	3	4	5
3. <u>Persist</u> in following the treatment plan even when difficult?	1	2	3	4	5
4. <u>Monitor your condition</u> routinely?	1	2	3	4	5
5. <u>Persist</u> in routinely monitoring your condition even when difficult?	1	2	3	4	5
6. <u>Recognize changes</u> in your health if they occur?	1	2	3	4	5
7. <u>Evaluate the importance</u> of your symptoms?	1	2	3	4	5
8. <u>Do something</u> to relieve your symptoms?	1	2	3	4	5
9. <u>Persist</u> in finding a remedy for your symptoms even when difficult?	1	2	3	4	5
10. <u>Evaluate</u> how well a remedy works?	1	2	3	4	5