



**PHYSIOTHERAPY DEPARTMENT
SOUTH INFIRMARY VICTORIA UNIVERSITY HOSPITAL
OLD BLACKROCK ROAD
CORK**

PATIENT SELF EFFICACY SCALE

Please rate how confident you are that you can do the following things at present, despite the pain. To indicate your answer circle one of the numbers on the scale under each item, where 0 = not at all confident and 6 = completely confident.

<u>0</u>	1	2	3	4	5	<u>6</u>
Not at all Confident						Completely confident

Remember, this questionnaire is not asking whether or not you have been doing these things, but rather how confident you are that you can do them at present, despite the pain.

I can enjoy things, despite the pain.

<u>0</u>	1	2	3	4	5	<u>6</u>
Not at all Confident						Completely confident

I can do most of the household chores (e.g. tidying-up, washing dishes, etc.), despite the pain.

<u>0</u>	1	2	3	4	5	<u>6</u>
Not at all Confident						Completely confident

I can socialise with my friends or family members as often as I used to do, despite the pain.

<u>0</u>	1	2	3	4	5	<u>6</u>
Not at all Confident						Completely confident

<u>0</u>	1	2	3	4	5	<u>6</u>
Not at all Confident						Completely confident

I can cope with my pain in most situations.

Name:

D.O.B.

Date:

