

The General Self-Efficacy Scale (GSE)

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Citation	Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, <i>Measures in health psychology: A user's portfolio. Causal and control beliefs</i> (pp. 35-37). Windsor, UK: NFER-NELSON.	
Purpose	The scale was created to assess a general sense of perceived self-efficacy with the aim in mind to predict coping with daily hassles as well as adaptation after experiencing all kinds of stressful life events.	
Population	The scale is designed for the general adult population, including adolescents. Persons below the age of 12 should not be tested.	
Administration	The scale is usually self-administered, as part of a more comprehensive questionnaire. Preferably, the 10 items are mixed at random into a larger pool of items that have the same response format. Time: It requires 4 minutes on average. Scoring: Responses are made on a 4-point scale. Sum up the responses to all 10 items to yield the final composite score with a range from 10 to 40. No recoding or reverse coded items.	
Description	The construct of Perceived Self-Efficacy reflects an optimistic self-belief (Schwarzer, 1992). This is the belief that one can perform a novel or difficult tasks, or cope with adversity -- in various domains of human functioning. Perceived self-efficacy facilitates goal-setting, effort investment, persistence in face of barriers and recovery from setbacks. It can be regarded as a positive resistance resource factor. Ten items are designed to tap this construct. Each item refers to successful coping and implies an internal-stable attribution of success.	
Reliability	Cronbach's Alpha: In samples from 23 nations, Cronbach's alphas ranged from .76 to .90, with the majority in the high .80s. Factors: One Factor-The scale is unidimensional.	
Validity	Criterion-related validity is documented in numerous correlation studies where positive coefficients were found with favorable emotions, dispositional optimism, and work satisfaction. Negative coefficients were found with depression, anxiety, stress, burnout, and health complaints. In studies with cardiac patients, their recovery over a half-year time period could be predicted by pre-surgery self-efficacy.	
	Correlations between General Self-Efficacy Scale and Outcomes (correlations derived from a sample of n=180 university students; all correlations are significant, p<.05.	
	Extraversion	.49
	Neuroticism	-.42
	Action orientation	.43
	Hope for success	.46
	Fear of failure	-.45
Strengths	The measure has been used internationally with success for two decades. It is suitable for a broad range of applications. It can be taken to predict adaptation after life changes, but it is also suitable as an indicator of quality of life at any point in time.	
Weaknesses	As a general measure, it does not tap specific behavior change. Therefore, in most applications it is necessary to add a few items to cover the particular content of the	

	survey or intervention (such as smoking cessation self-efficacy, or physical exercise self-efficacy).		
Bibliography (by year)	<p>Jerusalem, M., & Schwarzer, R. (1992). Self-efficacy as a resource factor in stress appraisal processes. In R. Schwarzer (Ed.), <i>Self-efficacy: Thought control of action</i> (pp. 195-213). Washington, DC: Hemisphere.</p> <p>Rimm, H., & Jerusalem, M. (1999). Adaptation and validation of an Estonian version of the General Self-Efficacy Scale (ESES). <i>Anxiety, Stress, and Coping</i>, 12, 329-345.</p> <p>Schwarzer, R., & Scholz, U. (2000). Cross-Cultural Assessment of Coping Resources: The General Perceived Self-Efficacy Scale. Paper presented at the First Asian Congress of Health Psychology: Health Psychology and Culture, Tokyo, Japan.</p>		
Measure			
	1	I can always manage to solve difficult problems if I try hard enough.	
	2	If someone opposes me, I can find the means and ways to get what I want.	
	3	It is easy for me to stick to my aims and accomplish my goals.	
	4	I am confident that I could deal efficiently with unexpected events.	
	5	Thanks to my resourcefulness, I know how to handle unforeseen situations.	
	6	I can solve most problems if I invest the necessary effort.	
	7	I can remain calm when facing difficulties because I can rely on my coping abilities.	
	8	When I am confronted with a problem, I can usually find several solutions.	
	9	If I am in trouble, I can usually think of a solution.	
	10	I can usually handle whatever comes my way.	
Response Format	1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true		