

**Date:**

**GSE: General Self-Efficacy Scale**

**Grantee ID:**

**Select Individual Classification:**

Veteran

Active Duty Member

Veteran Family Member

Active Duty Family Member

**Participant ID:**

**Instructions**

**The following statements evaluate the coping ability of daily living.**

I can always manage to solve difficult problems if I try hard enough.

Not at all true

Hardly true

Moderately true

Exactly true

If someone opposes me, I can find the means and ways to get what I want.

Not at all true

Hardly true

Moderately true

Exactly true

It is easy for me to stick to my aims and accomplish my goals.

Not at all true

Hardly true

Moderately true

Exactly true

I am confident that I could deal efficiently with unexpected events.

Not at all true

Hardly true

Moderately true

Exactly true

Thanks to my resourcefulness, I know how to handle unforeseen situations.

Not at all true

Hardly true

Moderately true

Exactly true

I can solve most problems if I invest the necessary effort.

Not at all true

Hardly true

Moderately true

Exactly true

I can remain calm when facing difficulties because I can rely on my coping abilities.

Not at all true

Hardly true

Moderately true

Exactly true

When I am confronted with a problem, I can usually find several solutions.

Not at all true

Hardly true

Moderately true

Exactly true

If I am in trouble, I can usually think of a solution.

Not at all true

Hardly true

Moderately true

Exactly true

I can usually handle whatever comes my way.

Not at all true

Hardly true

Moderately true

Exactly true

**Only Grantee can answer *Total Score* Field. Please return form to the Grantee.**

**Please see the General Self-Efficacy (GSE) Reference Guide for scoring.**

**Total Score:**

**Use the **RED** button below to lock form before submission**

**Instruction: Please save the filled out form as  
[YYYYMMDD.HHMMam/pm.DataForm\_GSE.pdf]**

YYYYMMDD - Date (year month day)  
HHMMam/pm - Time (hours minutes)

**Use the **Gray** button below to submit the completed form**

*Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, Measures in health psychology: A user's portfolio. Causal and control beliefs (pp. 35-37). Windsor, UK: NFER-NELSON*