



Self-Efficacy for Symptom Management Scale

Source: The items come from the 13-item Self-Efficacy for Symptom Management Scale. Used with Permission

Reference: Cicerone K.D., Azulay J. (2007). Perceived self-efficacy and life satisfaction after traumatic brain injury. *J. Head Trauma Rehabil.* 22, 257-266

Scale Description: The Self-Efficacy for Symptom Management Scale is a 13-item scale to assess the ability of patients to manage common challenges associated with TBI.

Scoring and Algorithm

Note: For each assessment, there is a scoring algorithm leading to one of three acuity ranges: Low, Moderate, or High.

Each item is scored 1-10, as indicated below. Total is sum of all 13 items, possible range for total is 13-130.

Algorithm

Total = 13-59	Low Self-Efficacy
Total = 60 -114	Moderate Self-Efficacy
Total = 115 - 130	High Self-Efficacy



Self-Efficacy for Symptom Management Scale

Instructions: We would like to know how confident you are in doing certain activities. For each of the following questions, please circle the number that corresponds to your confidence that you can do the tasks regularly at the present time.

How confident are you that you can...

1. Get family and friends to help you with things you need to do around your home (such as household chores, shopping, paying bills, or transportation)?

1 2 3 4 5 6 7 8 9 10

Not at all Confident

Totally Confident

2. Get emotional support from friends and family (such as listening to you or talking over your concerns)?

1 2 3 4 5 6 7 8 9 10

Not at all Confident

Totally Confident

3. Get emotional support from people other than friends or family, if needed?

1 2 3 4 5 6 7 8 9 10

Not at all Confident

Totally Confident

4. Get help with your daily tasks (like housecleaning, yard work, shopping) from resources other than family or friends, if needed?

1 2 3 4 5 6 7 8 9 10

Not at all Confident

Totally Confident

5. Keep any physical symptoms caused by your injury (such as fatigue, dizziness, or difficulty walking) from interfering with the things that you want to do?

1 2 3 4 5 6 7 8 9 10

Not at all Confident

Totally Confident

6. Keep any problems with concentration caused by your injury from interfering with the things that you want to do?

1 2 3 4 5 6 7 8 9 10

Not at all Confident

Totally Confident

7. Keep any problems with memory caused by your injury from interfering with the things that you want to do?

1 2 3 4 5 6 7 8 9 10



Not at all Confident

Totally Confident

8. Keep any problems with thinking caused by your injury from interfering with the things that you want to do?

1 2 3 4 5 6 7 8 9 10

Not at all Confident

Totally Confident

9. Compensate for any cognitive difficulties caused by your injury so that they don't interfere with the things that you want to do?

1 2 3 4 5 6 7 8 9 10

Not at all Confident

Totally Confident

10. Keep from feeling frustrated or overwhelmed by things that you are trying to do?

1 2 3 4 5 6 7 8 9 10

Not at all Confident

Totally Confident

11. Keep from feeling sad or discouraged?

1 2 3 4 5 6 7 8 9 10

Not at all Confident

Totally Confident

12. Keep from feeling lonely?

1 2 3 4 5 6 7 8 9 10

Not at all Confident

Totally Confident

13. Do something to control your emotions or make yourself feel better?

1 2 3 4 5 6 7 8 9 10

Not at all Confident

Totally Confident

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