Emotional Self-Efficacy Scale

About: This scale is a self-report measure of emotional self-efficacy.

Items: 32

Reliability:

Internal consistency of the Emotional Self-Efficacy Scale was .96. Test–retest reliability over a two-week period was .85.

Validity:

Higher self-efficacy was associated with greater emotional intelligence, higher positive mood and a lower negative mood.

References:


**To obtain a copy of this scale, please contact the author of the publication above**