

## 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:**

Kirk, B. A., Schutte, N. S., Hine, D. W. (2008). [Development and preliminary validation of an emotional self-efficacy scale](#), *Personality and Individual Differences*, (45), 432-436.

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