

Exercise Self Efficacy

About: This scale, created by Neupert, Lachman, & Whitbourne (2009) is a modified version of Bandura's Exercise Self-Efficacy Scale (Bandura, 1997).

Items: 9

Reliability: The mean score across these nine items = coefficient alpha of .88.

Validity: A higher score on this scale indicates greater exercise-related self-efficacy.

Scoring:

Total score is calculated by summing the responses to each question. This scale has a range of total scores from 9-28. A higher score indicates higher self-efficacy for exercise.

References:

Bandura, A. (1977). [Self-efficacy: Toward a unifying theory of behavioral change](#). *Psychological Review*, 84, 191-215.

Neupert, S. D., Lachman, M.E., Whitbourne, S. B. (2009). [Exercise self-efficacy and control beliefs: Effects on exercise behavior after an exercise intervention for older adults](#). *Journal of Aging and Physical Activity*, 17, 1-16.

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Now I would like to ask you some questions about exercise. Please tell me how sure you are that you will do each of the following.

How sure are you that you will do each of the following:

	Very Sure	Pretty Sure	A Little Sure	Not at All Sure
Exercise regularly (3 times a week for 20 minutes)	1	2	3	4
Exercise when you are feeling tired	1	2	3	4
Exercise when you are feeling under pressure to get things done	1	2	3	4
Exercise when you are feeling down or depressed	1	2	3	4
Exercise when you have too much work to do at home	1	2	3	4
Exercise when there are other more interesting things to do	1	2	3	4
Exercise when your family or friends do not provide any kind of support	1	2	3	4
Exercise when you don't really feel like it	1	2	3	4
Exercise when you are away from home (e.g., traveling, visiting, on vacation)	1	2	3	4