

Alfred  Sandringham  Caulfield

## SELF EFFICACY FOR MANAGING CHRONIC DISEASE (SEMCD)

Last name*	First name/s*
Date of birth*	Sex <input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Other

\*mandatory fields

Thank you for completing this questionnaire.

*(Save questionnaire to your computer to complete electronically)*

Date questionnaire completed \_\_\_\_\_

For each of the following questions, enter the number that corresponds with your **confidence** that you can do the tasks regularly at the present time.

How confident are you that you can ....

*enter the number*

1	How confident are you that you can keep the fatigue caused by your disease from interfering with the things you want to do?	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%;"></td> </tr> <tr> <td style="text-align: center;">not at all</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">totally</td> </tr> <tr> <td style="text-align: center;">confident</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">confident</td> </tr> </table>													not at all	1	2	3	4	5	6	7	8	9	10	totally	confident											confident
not at all	1	2	3	4	5	6	7	8	9	10	totally																											
confident											confident																											
2	How confident are you that you can keep the physical discomfort or pain of your disease from interfering with the things you want to do?	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%;"></td> </tr> <tr> <td style="text-align: center;">not at all</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">totally</td> </tr> <tr> <td style="text-align: center;">confident</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">confident</td> </tr> </table>													not at all	1	2	3	4	5	6	7	8	9	10	totally	confident											confident
not at all	1	2	3	4	5	6	7	8	9	10	totally																											
confident											confident																											
3	How confident are you that you can keep the emotional distress caused by your disease from interfering with the things you want to do?	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%;"></td> </tr> <tr> <td style="text-align: center;">not at all</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">totally</td> </tr> <tr> <td style="text-align: center;">confident</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">confident</td> </tr> </table>													not at all	1	2	3	4	5	6	7	8	9	10	totally	confident											confident
not at all	1	2	3	4	5	6	7	8	9	10	totally																											
confident											confident																											
4	How confident are you that you can keep any other symptoms or health problems you have from interfering with the things you want to do?	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%;"></td> </tr> <tr> <td style="text-align: center;">not at all</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">totally</td> </tr> <tr> <td style="text-align: center;">confident</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">confident</td> </tr> </table>													not at all	1	2	3	4	5	6	7	8	9	10	totally	confident											confident
not at all	1	2	3	4	5	6	7	8	9	10	totally																											
confident											confident																											
5	How confident are you that you can do the different tasks and activities need to manage your health condition so as to reduce your need to see a doctor?	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%;"></td> </tr> <tr> <td style="text-align: center;">not at all</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">totally</td> </tr> <tr> <td style="text-align: center;">confident</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">confident</td> </tr> </table>													not at all	1	2	3	4	5	6	7	8	9	10	totally	confident											confident
not at all	1	2	3	4	5	6	7	8	9	10	totally																											
confident											confident																											
6	How confident are you that you can do things other than just taking medication to reduce how much your illness affects your everyday life?	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 10%;"></td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%; text-align: center;"> </td> <td style="width: 10%;"></td> </tr> <tr> <td style="text-align: center;">not at all</td> <td style="text-align: center;">1</td> <td style="text-align: center;">2</td> <td style="text-align: center;">3</td> <td style="text-align: center;">4</td> <td style="text-align: center;">5</td> <td style="text-align: center;">6</td> <td style="text-align: center;">7</td> <td style="text-align: center;">8</td> <td style="text-align: center;">9</td> <td style="text-align: center;">10</td> <td style="text-align: center;">totally</td> </tr> <tr> <td style="text-align: center;">confident</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> <td style="text-align: center;">confident</td> </tr> </table>													not at all	1	2	3	4	5	6	7	8	9	10	totally	confident											confident
not at all	1	2	3	4	5	6	7	8	9	10	totally																											
confident											confident																											

*Self-Efficacy for Managing Chronic Diseases 6-item Scale References Lorig, K.R., Sobel, D.S., Ritter, P.L., Laurent, D., Hobbs, M. (2001). Effect of a self management program for patients with chronic disease. Effective Clinical Practice, 4, 256-262*