Barrier-Specific Self-Efficacy Scale

The following are common reasons that people give for not participating in exercise sessions or, in some cases, dropping out. Using the scale provided, for each item indicate how confident you are that you could exercise in the event of any of the following circumstances. Select the number that most closely matches your level of confidence, remembering that there are no right or wrong answers.

Example

In question 1, if you have complete confidence that you could exercise even if the weather was very bad, you would circle 100. If, however, you had no confidence at all that you could exercise if the weather was bad (that is, confidence you would **not** exercise), you would circle 0.

I believe that I could exercise 3 times per week for the next 3 months if . . .

| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
|---------------------------------|---|---------------------------------------|---------------------------|-----------------------------|------------------------|--------------------|----------|------------------|-----------------|------------------------|
| Not at all Confident | | | Mode | Moderately Confident | | | | Highly Co | onfident | |
| 2. | was bored l | by the prog | ıram or acti | ivity. | | | | | | |
| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| Not at | t all Confid | ent | | Mode | rately Con | fident | | | Highly Co | onfident |
| 3. I | was on vac | ation. | | | | | | | | |
| 0 | 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| Not at all Confident | | | | Moderately Confident | | | | Highly Confident | | |
| | | | ho octivity | Mode | rately Con | паепт | | | Highly Co | ontident |
| 4. 1 v | was not inte | erested in t | he activity. 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| 4. 1 v | was not inte | erested in t | - | 40 | • | 60 | 70 | 80 | | 100 |
| 4. 1 v 0 Not at | was not inte | erested in t 20 ent | 30 | 40 Mode | 50 | 60 | 70 | 80 | 90 | 100 |
| 4. 1 v 0 Not at | was not into | erested in t 20 ent | 30 | 40 Mode | 50 | 60 | 70 70 | 80 | 90 | 100 |
| 4. 1 v 0 Not at 5. 11 | was not inte 10 t all Confid felt pain or | erested in t 20 ent discomfort 20 | 30 | 40 Mode cising. 40 | 50 rately Con | 60 fident 60 | | | 90 Highly Co | 100 onfident 100 |
| 4. v 0 Not at 5. t 0 | was not into 10 t all Confid felt pain or 6 | erested in t 20 ent discomfort 20 ent | when exercises 30 | 40 Mode cising. 40 | 50 rately Con 50 | 60 fident 60 | | | 90 Highly Co | 100 onfident 100 |
| 4. v 0 Not at 5. t 0 Not at | was not into 10 t all Confid felt pain or 10 t all Confid | erested in t 20 ent discomfort 20 ent | when exercises 30 | 40 Mode cising. 40 | 50 rately Con 50 | 60 fident 60 | | | 90 Highly Co | 100 onfident 100 |

(continued)

| Not at all Conf 8. it became and the second | difficult to get | 30 | 40 Mode | 50 | 60 | | | | |
|--|---|--------------------------|--|-----------------------------------|----------------------|----|----|-----------------|-----------------|
| 8. it became (| difficult to get | t to the exe | Mode | | 60 | 70 | 80 | 90 | 100 |
| 10 | 20 | t to the exe | | ately Con | fident | | | Highly Co | onfident |
| | | | rcise locati | on. | | | | | |
| Not at all Conf | | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| | dent | | Mode | ately Con | fident | | | Highly Co | onfident |
| 9. I didn't like | the particula | ır activity p | rogram tha | t I was invo | olved in. | | | | |
| 0 10 | 20 | 30 | 40 | 50 | 60 | 70 | 80 | 90 | 100 |
| Not at all Conf | | | | ately Con | fident | | | Highly Co | onfident |
| 10. my schedu10 | le conflicted 20 | with my ex | ercise sess 40 | 50 50 | 60 | 70 | 80 | 90 | 100 |
| Not at all Conf | | | | | | | | | |
| | | out my appe | | en I exerc | | | | Highly Co | onfident |
| 11. I felt self-co | onscious abo | out my appe 30 | earance wh | en I exerc | sed. 60 | 70 | 80 | 90 | 100 |
| I1. I felt self-co 0 10 Not at all Conf | onscious abo 20 ident | 30 | earance wh 40 Model | en I exerc 50 rately Con | sed. 60 | 70 | 80 | | 100 |
| I1. I felt self-co 0 10 Not at all Conf | onscious abo 20 ident or did not offe | 30 er me any e | earance wh 40 Modei | en I exerc 50 rately Con | sed. 60 fident | | | 90 Highly Co | 100 onfident |
| 11. I felt self-co | onscious abo 20 ident or did not offe 20 | 30 | earance wheelearance wheelearan | en I exerc 50 rately Con | sed. 60 fident | 70 | 80 | 90 | 100 onfident |
| I1. I felt self-co 0 10 Not at all Conf I2. an instruct 0 10 Not at all Conf | ident or did not offe 20 ident | 30 er me any 6 30 | earance wheelearance wheelearan | en I exerc 50 rately Con ment. 50 | sed. 60 fident | | | 90 Highly Co | 100 onfident |
| 11. I felt self-co 0 10 Not at all Conf 12. an instruct 0 10 | ident or did not offe 20 ident | 30 er me any 6 30 | earance wheelearance wheelearan | en I exerc 50 rately Con ment. 50 | sed. 60 fident | | | 90 Highly Co | 100 onfident |

| Barrier-Specific Self-Efficacy Scale (continued) |
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| Scoring Information |
| The barrier-specific self-efficacy scale taps subjects' perceived capabilities to exercise 3 times per week for 40 minutes over the next 2 months in the face of commonly identified barriers to participation. For each item, participants indicate their confidence to execute the behavior on a 100-point percentage scale composed of 10-point increments ranging from 0% (not at all confident) to 100% (highly confident). Total strength for each measure of self-efficacy is then calculated by summing the confidence ratings and dividing by the total number of items in the scale, resulting in a maximum possible efficacy score of 100. |
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