

## 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 . . .

**1.** the weather was very bad (hot, humid, rainy, cold).

0      10      20      30      40      50      60      70      80      90      100

**Not at all Confident**

**Moderately Confident**

**Highly Confident**

**2.** I was bored by the program or activity.

0      10      20      30      40      50      60      70      80      90      100

**Not at all Confident**

**Moderately Confident**

**Highly Confident**

**3.** I was on vacation.

0      10      20      30      40      50      60      70      80      90      100

**Not at all Confident**

**Moderately Confident**

**Highly Confident**

**4.** I was not interested in the activity.

0      10      20      30      40      50      60      70      80      90      100

**Not at all Confident**

**Moderately Confident**

**Highly Confident**

**5.** I felt pain or discomfort when exercising.

0      10      20      30      40      50      60      70      80      90      100

**Not at all Confident**

**Moderately Confident**

**Highly Confident**

**6.** I had to exercise alone.

0      10      20      30      40      50      60      70      80      90      100

**Not at all Confident**

**Moderately Confident**

**Highly Confident**

*(continued)*

## Barrier-Specific Self-Efficacy Scale *(continued)*

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**7.** it was not fun or enjoyable.

0	10	20	30	40	50	60	70	80	90	100
Not at all Confident				Moderately Confident				Highly Confident		

**8.** it became difficult to get to the exercise location.

0	10	20	30	40	50	60	70	80	90	100
Not at all Confident				Moderately Confident				Highly Confident		

**9.** I didn't like the particular activity program that I was involved in.

0	10	20	30	40	50	60	70	80	90	100
Not at all Confident				Moderately Confident				Highly Confident		

**10.** my schedule conflicted with my exercise session.

0	10	20	30	40	50	60	70	80	90	100
Not at all Confident				Moderately Confident				Highly Confident		

**11.** I felt self-conscious about my appearance when I exercised.

0	10	20	30	40	50	60	70	80	90	100
Not at all Confident				Moderately Confident				Highly Confident		

**12.** an instructor did not offer me any encouragement.

0	10	20	30	40	50	60	70	80	90	100
Not at all Confident				Moderately Confident				Highly Confident		

**13.** I was under personal stress of some kind.

0	10	20	30	40	50	60	70	80	90	100
Not at all Confident				Moderately Confident				Highly Confident		

*(continued)*

## **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.