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 Confident		
2. I	was bored l	by the prog	gram 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 C	onfident	
3. I	was on vac	ation.									
0	10	20	30	40	50	60	70	80	90	100	
Not at all Confident			Mode	Moderately Confident				Highly Confident			
			ho ootivity	Wiode	diety Con				riigiliy C	omident	
4. 1 \	was not inte	erested in t	he activity.	40	50	60	70	80	90	100	
4. 1 \	was not inte	erested in t	-	40	•	60	70	80		100	
4. \ 0 Not at	was not inte	erested in t 20 ent	30	40 Model	50	60	70	80	90	100	
4. 1 v 0 Not at	was not into	erested in t 20 ent	30	40 Model	50	60	70 70	80 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 Moder cising. 40	50 rately Con	60 fident 60			90 Highly C	100 onfident 100	
4. 1 v 0 Not at 5. 11 0 Not at	was not into 10 t all Confid felt pain or 6	erested in t 20 ent discomfort 20 ent	when exer	40 Moder cising. 40	50 rately Con 50	60 fident 60			90 Highly Co	100 onfident 100	
4. \\ 0	was not into 10 t all Confid felt pain or 10 t all Confid	erested in t 20 ent discomfort 20 ent	when exer	40 Moder cising. 40	50 rately Con 50	60 fident 60			90 Highly Co	100 onfiden	

(continued)

7. it w	as not fun	or enjoyal	ble.							
)	10	20	30	40	50	60	70	80	90	100
lot at a	all Confid	ent		Mode	rately Con	fident			Highly C	onfident
8. it b	ecame dif	ficult to get	to the exe	rcise locati	on.					
)	10	20	30	40	50	60	70	80	90	100
Not at a	all Confide	ent		Mode	rately Con	fident			Highly C	onfident
9. I di	dn't like th	e particula	r activity p	rogram tha	t I was invo	olved in.				
0	10	20	30	40	50	60	70	80	90	100
	all Confide				rately Con	fident			Highly Co	onfident
I O. my 0	schedule 10	conflicted 20	with my ex 30	ercise sess 40	50 50	60	70	80	90	100
Not at a	all Confid	ent		Mode	rately Con	fident			Highly Co	onfident
1. I fe	lt self-con	scious abo	ut mv appe	earance wh	nen I exerc	ised.				
0	it self-cons	20	ut my appe	40	50	60	70	80	90 Highly C	100 onfident
0 Not at a	10 all Confid	20 ent	30	40 Mode	50 rately Con	60	70	80	90 Highly C	
0 Not at a	10 all Confidential Confidentia	20 ent did not offe	30 er me any e	Model Model	50 rately Con	60 fident			Highly C	onfident
0 Not at a 12. an 0	10 all Confident instructor 10	20 ent did not offe 20	30	40 Moder encourager 40	50 rately Con ment. 50	60 fident 60	70 70	80	Highly Co	onfident 100
0 Not at a 12. an 0 Not at a	10 all Confidence instructor 10 all Confidence	20 ent did not offe 20 ent	30 er me any 6 30	40 Moder encourager 40 Moder	50 rately Con	60 fident 60			Highly C	onfident 100
0 Not at a 2. an 0 Not at a	10 all Confidence instructor 10 all Confidence as under p	20 ent did not offe 20 ent	30 er me any 6 30 ress of son	40 Model encourager 40 Model ne kind.	50 rately Con ment. 50 rately Con	60 fident 60 fident	70	80	90 Highly Co	100 onfident
0 Not at a 0 Not at a 0 Not at a	10 all Confidence instructor 10 all Confidence	20 ent did not offe 20 ent personal st 20	30 er me any 6 30	40 Model encouragel 40 Model ne kind. 40	50 rately Con ment. 50	60 fident 60 fident			Highly Co	100 onfident

Barrier-Specific Self-Efficacy Scale (continued)
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.