

■ Table 22.1 ■

## Measures Assessing Self-Efficacy Related to Physical Activity and Exercise

Measure	Dimensions and subscales	Source*	Internal consistency
<b>BARRIERS SELF-EFFICACY</b>			
Self-Efficacy for Physical Activity	One: Common barriers	Armstrong, Sallis, Hovell, & Hofstetter (1993)	NR
Self-Efficacy to Regulate Exercise	One: Common barriers	Bandura (2006)	NR
Exercise Barriers Self-Efficacy	One: Common barriers for cardiac rehabilitation patients	Blanchard, Rodgers, Courneya, Daub, & Knapik (2002)	.86
Scheduling Self-Efficacy Scale	One: Common barriers	DuCharme & Brawley (1995)	.89-.90
Physical Activity Self-Efficacy Scale	Two: External barriers and internal barriers	Dwyer, Allison, & Makin (1998)	.83-.89
Physical Activity Self-Efficacy	One: Barriers to aerobic exercise	Edmundson et al. (1996)	.67
Self-Efficacy for Exercise Questionnaire	One: Common barriers	Garcia & King (1991)	.90
Cardiac Exercise Self-Efficacy Instrument	One: Barriers to cardiac exercise	Hickey, Owen, & Froman (1992)	.90
5-Item Self-Efficacy Questionnaire	One: Common barriers	Marcus, Selby, Niaura, & Rossi (1992)	.82
Barriers Self-Efficacy Scale	One: Common barriers	McAuley (1992)	.88
8-Item Questionnaire for Adolescent Girls	One: Common barriers	Motl et al. (2000)	NR
Self-Efficacy for Exercise Scale	Two: Self-efficacy (barriers) and response efficacy (outcomes)	Plotnikoff & Higginbotham (2002)	.80-.91
Self-Efficacy for Exercise Scale	One: Common barriers	Resnick & Jenkins (2000)	.92
Barriers Self-Efficacy Scale	One: Barriers for cancer patients	Rogers et al. (2006)	.96

(continued)

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Measure	Dimensions and subscales	Source*	Internal consistency
<b>BARRIERS SELF-EFFICACY</b>			
Self-Efficacy for Exercise Behavior	Two: Resisting relapse and making time for exercise	Sallis, Pinski, Grossman, Patterson, & Nader (1988)	.83
Self-Efficacy: Confidence in Ability to be Physically Active	Three: Support seeking, barriers, and positive alternatives	Saunders et al. (1997)	.54-.71
Exercise Self-Efficacy Scale (modified for Korean adults)	Three: Situational/interpersonal, competing demands, and internal feelings	Shin, Jang, & Pender (2001)	.94
Tai Chi Exercise Self-Efficacy	One: Barriers to Tai Chi	Taylor-Piliae & Froelicher (2004)	.95-.97
Child Physical Activity Self-Efficacy	One: Common barriers for children	Trost et al. (2003)	.85
<b>ADHERENCE SELF-EFFICACY</b>			
Self-Efficacy for Exercise Scale (modified)	One: Continued exercise participation	Duncan & McAuley (1993)	NR
Exercise Self-Efficacy Scale	One: Continued exercise participation	McAuley (1993)	NR
<b>TASK-SPECIFIC SELF-EFFICACY</b>			
Physical Activity Efficacy for Cardiac Patients	Six: Lifting, jogging, walking, climbing, sex, push-ups	Ewart & Taylor (1985)	NR
Self-Efficacy for Walking/Jogging; Bicycling; Sit-Ups	Three: Sit-ups, Bicycling, Walking/jogging	McAuley, Courneya, & Lettunich (1991)	.80
Task Self-Efficacy Scale	One: Aerobic activity	Rogers et al. (2006)	.89
Self-Efficacy for Running Duration	One: Running duration	Rudolph & McAuley (1996)	.95
Tai Chi Exercise Self-Efficacy	One: Tai Chi duration	Taylor-Piliae & Froelicher (2004)	.95-.97

NR = not reported in original source.

\*Please refer to reference list in the chapter for full citations.

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