

General Self-Efficacy Scale (GSE)

Category: Self-Efficacy | Items: 10 | Time: ~2 min

Description / When to Use

10-item measure of general confidence in ability to cope with difficult demands in life.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 10 items in this scale. Estimated completion time: 2 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

1 = Not at all true | 2 = Hardly true | 3 = Moderately true | 4 = Exactly true

Scoring Guide

Sum all 10 items scored 1-4. Total range 10-40. Higher scores = greater self-efficacy.

Cutoff Interpretation

Score Range	Severity	Recommended Action
10-20	Low self-efficacy	Consider intervention
21-30	Moderate self-efficacy	Monitor
31-40	High self-efficacy	Maintain

Psychometric Properties

Cronbach's alpha: 0.90 | Test-retest reliability: 0.82

Validity: Validated in 30+ languages; predicts health behaviors and adaptation.

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Citation (APA Format)

Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston (Eds.), Measures in health psychology: A user's portfolio (pp. 35-37). NFER-NELSON.

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