



Interreg ASPIRE Evaluation

Self-Efficacy Scale

This is a voluntary self-assessment questionnaire that assesses your optimistic self-beliefs to cope with a variety of difficult demands in life. Please choose the answer option that best describes your situation at this moment. No names will be recorded; the survey is anonymous, and all individual responses will remain confidential. ASPIRE will only report the results of the questionnaire on a group level and the information you provide will remain anonymous and cannot be connected to you.

Thank you for your participation.

1. ID Number:

.....

2. At which time point are you completing this questionnaire?

☐ At the beginning of ASPIRE

☐ At 12 weeks

☐ At 6 months

☐ At 9 months

About you

3. What sex are you?

☐ Male ☐ Female ☐ Prefer not to say ☐ Other, please specify:.....

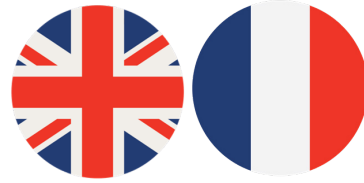
4. What is your age? years

Self-Efficacy Scale

Please read each sentence carefully and please put a tick ✓ in the box that best describes you.

	Not at all true	Hardly true	Moderately true	Exactly true
I can always manage to solve difficult problems if I try hard enough				
If someone opposes me, I can find the means and ways to get what I want				
It is easy for me to stick to my aims and accomplish my goals				
I am confident that I could deal efficiently with unexpected events				
Thanks to my resourcefulness, I know how to handle unforeseen situations				
I can solve most problems if I invest the necessary effort				
I can remain calm when facing difficulties because I can rely on my coping abilities				
When I am confronted with a problem, I can usually find several solutions				
If I am in trouble, I can usually think of a solution				
I can usually handle whatever comes my way				

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Thank you very much for taking the time to fill out this questionnaire!

Please check that you have completed each question.

If you would like to talk to us further, or have any additional thoughts or queries, please contact your local ASPIRE partner.