

Name of the inventory		General Self-Efficacy Scale (GSE)
Purpose:		The scale was created to assess a general sense of perceived self-efficacy with the aim in mind to predict coping with daily hassles as well as adaptation after experiencing all kinds of stressful life events.
Developers/ citation		Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, <i>Measures in health psychology: A user's portfolio. Causal and control beliefs</i> (pp. 35-37). Windsor, UK: NFER-NELSON. (Eng version)
		Zhang, J. X., & Schwarzer, R. (1995). Measuring optimistic self-beliefs: A Chinese adaptation of the General Self-Efficacy Scale. <i>Psychologia</i> , 38 (3), 174-181. (Chi version)
Year		1979
Targeted user		General adult population, including adolescents. *Persons below the age of 12 should not be tested.
Description	No. of questions	10
	Scale	4 point likert scale: 1 = Not at all true 2 = Hardly true 3 = Moderately true 4 = Exactly true
	Data collection format	Self report
	Scoring key	Sum up the responses to all 10 items to yield the final composite score with a range from 10 to 40
Permission to use		No need given that appropriate recognition of the source of the scale in the study
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Remarks		/