

Self-Efficacy for Exercise (SEE) Scale

About: This scale is a self-report of exercise self-efficacy.

Items: 9

Reliability: Internal consistency = 0.92.

Validity: Mental and physical health scores on the SF-12 predicted efficacy expectations as measured by the SEE Scale. Furthermore, SEE efficacy expectations predicted exercise.

Scoring:

Total score is calculated by summing the responses to each question. This scale has a range of total scores from 0-90. A higher score indicates higher self-efficacy for exercise.

References:

Resnick, B., & Jenkins, L. S. (2000). [Testing the Reliability and Validity of the Self-Efficacy for Exercise Scale](#). *Nursing Research*, 49.

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How confident are you right now that you could exercise three times per week for 20 minutes if:

	Not Confident						Very Confident				
1. The weather was bothering you	0	1	2	3	4	5	6	7	8	9	10
2. You were bored by the program or activity	0	1	2	3	4	5	6	7	8	9	10
3. You felt pain when exercising	0	1	2	3	4	5	6	7	8	9	10
4. You had to exercise alone	0	1	2	3	4	5	6	7	8	9	10
5. You did not enjoy it	0	1	2	3	4	5	6	7	8	9	10
6. You were too busy with other activities	0	1	2	3	4	5	6	7	8	9	10
7. You felt tired	0	1	2	3	4	5	6	7	8	9	10
8. You felt stressed	0	1	2	3	4	5	6	7	8	9	10
9. You felt depressed	0	1	2	3	4	5	6	7	8	9	10