CSE

Coping Self-Efficacy Scale (CSE)

The Coping Self-Efficacy Scale (CSE) is a self-report tool measuring a person's confidence in their ability to use effective coping strategies in difficult or stressful situations. It assesses perceived self-efficacy in different coping domains (enlisting social support, managing emotions, problem solving) and can be used for monitoring in psychotherapy or during clinical assessments.

Number of questions	26 questions
Estimated duration	10 minutes
Language	English
Original name	Coping Self-Efficacy Scale
Target audience	Adults
Authors	Margaret A. Chesney, Steven M. Neilands, Kharah M. Chambers, Kelly Taylor, Colleen S. Folkman (2006)
Category	Self-esteem

Preview of the 26 questions

When things aren't going well for you, how confident are you that you can do the following:

Keep from getting down in the dumps.

0 - Cannot do at all | 1 | 2 | 3 | 4 | 5 - Moderately certain can do | 6 | 7 | 8 | 9 | 10 - Certain can do

When things aren't going well for you, how confident are you that you can do the following:

Talk positively to yourself.

0 - Cannot do at all | 1 | 2 | 3 | 4 | 5 - Moderately certain can do | 6 | 7 | 8 | 9 | 10 - Certain can do

When things aren't going well for you, how confident are you that you can do the following:

Sort out what can be changed, and what can not be changed.

0 - Cannot do at all | 1 | 2 | 3 | 4 | 5 - Moderately certain can do | 6 | 7 | 8 | 9 | 10 - Certain can do

When things aren't going well for you, how confident are you that you can do the following:

Get emotional support from friends and family.

0 - Cannot do at all | 1 | 2 | 3 | 4 | 5 - Moderately certain can do | 6 | 7 | 8 | 9 | 10 - Certain can do

When things aren't going well for you, how confident are you that you can do the following:

Find solutions to your most difficult problems.

0 - Cannot do at all | 1 | 2 | 3 | 4 | 5 - Moderately certain can do | 6 | 7 | 8 | 9 | 10 - Certain can do

Scoring & interpretation

Each item is rated on a scale from 0 (cannot do at all) to 10 (certain can do). Simply add up the scores to obtain a total coping self-efficacy score. Higher scores indicate greater perceived self-efficacy for coping with stress.