

General Self-Efficacy Scale (GSE)

The General Self-Efficacy Scale (GSE) assesses an individual's general belief in their ability to cope with a variety of life situations. It is a widely used tool for measuring perceived self-confidence and the motivation to take on personal and professional challenges.

Number of questions	10 questions
Estimated duration	5 minutes
Language	English
Original name	General Self-Efficacy Scale
Target audience	Adults, adolescents
Authors	Ralf Schwarzer, Matthias Jerusalem (1995)
Category	Self-esteem

Preview of the 10 questions

I can always manage to solve difficult problems if I try hard enough.

Not at all true | Hardly true | Moderately true | Exactly true

If someone opposes me, I can find the means and ways to get what I want.

Not at all true | Hardly true | Moderately true | Exactly true

It is easy for me to stick to my aims and accomplish my goals.

Not at all true | Hardly true | Moderately true | Exactly true

I am confident that I could deal efficiently with unexpected events.

Not at all true | Hardly true | Moderately true | Exactly true

Thanks to my resourcefulness, I know how to handle unforeseen situations.

Not at all true | Hardly true | Moderately true | Exactly true

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

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Scoring & interpretation

Each item is rated on a 4-point Likert scale, from 1 ("Not at all true") to 4 ("Exactly true"). The total score is obtained by adding up the individual item scores. A higher score indicates stronger perceived self-efficacy.

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“Automatic scoring saves me a huge amount of time, and my patients are far more willing to fill out the questionnaires.”

Samia T. - Online Psychologist