SCS

Self-Confidence Scale (SCS)

The Self-Confidence Scale (SCS), developed by M. LaFrance, is a self-report tool measuring different aspects of an individual's self-confidence. This questionnaire is used in clinical and research contexts to assess the level of confidence the person perceives in various everyday situations.

Number of questions	12 questions
Estimated duration	5 minutes
Language	English
Original name	Self-Confidence Scale
Target audience	Adults, adolescents
Authors	M. LaFrance (1992)
Category	Assertiveness

Scoring & interpretation

Each item is rated on a Likert scale generally ranging from 1 (Strongly disagree) to 5 (Strongly agree). The scores for each item are added up to obtain an overall self-confidence score. A higher score indicates a higher level of self-confidence. Raw scores can be interpreted directly or compared with norms if available.