SPSSE

# Scale of Perceived Social Self-Efficacy (SPSSE)

The SPSSE assesses the level of confidence an individual feels in their ability to handle a variety of social situations effectively. It is particularly used to measure social self-efficacy in adolescents and young adults in clinical or research settings, and it helps identify potential difficulties in social interactions.

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| Number of questions | 25 questions |
| Estimated duration | 10 minutes |
| Language | English |
| Original name | Scale of Perceived Social Self-Efficacy |
| Target audience | Adolescents, young adults |
| Authors | Lisa Smith, Nancy Betz (2000) |
| Category | Interpersonal issues, Self-esteem |

## Preview of the 25 questions

How much confidence do you have in your ability to perform each of the following tasks?

**Start a conversation with someone you don't know very well.**

No confidence | Little confidence | Moderate confidence | Much confidence | Complete confidence

How much confidence do you have in your ability to perform each of the following tasks?

**Express your opinion to a group of people discussing a subject that is of interest to you.**

No confidence | Little confidence | Moderate confidence | Much confidence | Complete confidence

How much confidence do you have in your ability to perform each of the following tasks?

**Work on a school, work, community or other project with people you don't know very well.**

No confidence | Little confidence | Moderate confidence | Much confidence | Complete confidence

How much confidence do you have in your ability to perform each of the following tasks?

**Help to make someone you've recently met feel comfortable with your group of friends.**

No confidence | Little confidence | Moderate confidence | Much confidence | Complete confidence

How much confidence do you have in your ability to perform each of the following tasks?

**Share with a group of people an interesting experience you once had.**

No confidence | Little confidence | Moderate confidence | Much confidence | Complete confidence

### Administer your questionnaires online

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

View the questionnaire on mentaal.org ›

## Scoring & interpretation

Each item is rated on a 5-point Likert scale (from 1 = no confidence at all to 5 = complete confidence). The total score is the sum of the items, with a high score indicating a strong perception of social self-efficacy.


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Romane L. - Online CBT Psychologist