

New General Self-Efficacy Scale

This survey accompanies a measure in the SPARQTools.org [Measuring Mobility toolkit](#), which provides practitioners curated instruments for assessing mobility from poverty and tools for selecting the most appropriate measures for their programs.

Age: Adult

Duration: < 3 minutes

Reading Level: 6th-8th grade

Number of items: 8

Answer Format: 1 = strongly disagree; 2 = disagree; 3 = neither agree nor disagree; 4 = agree; 5 = strongly agree.

Scoring:

To calculate the total score for each participant, take the average rating of the items by adding respondents' answers to each item and dividing this sum by the total number of items (8).

Sources:

Chen, G., Gully, S. M., & Eden, D. (2001). Validation of a new general self-efficacy scale. *Organizational research methods*, 4(1), 62-83.

Instructions: Participants are told that (a) general self-efficacy relates to “one’s estimate of one’s overall ability to perform successfully in a wide variety of achievement situations, or to how confident one is that she or he can perform effectively across different tasks and situations,” and (b) self-esteem relates to “the overall affective evaluation of one’s own worth, value, or importance, or to how one feels about oneself as a person.”

Instructions: Please circle your answer below.

1. I will be able to achieve most of the goals that I set for myself.

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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2. When facing difficult tasks, I am certain that I will accomplish them.

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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3. In general, I think that I can obtain outcomes that are important to me.

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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4. I believe I can succeed at most any endeavor to which I set my mind.

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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5. I will be able to successfully overcome many challenges.

Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree
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6. I am confident that I can perform effectively on many different tasks.

Strongly
disagree

Disagree

Neither agree
nor disagree

Agree

Strongly agree

7. Compared to other people, I can do most tasks very well.

Strongly
disagree

Disagree

Neither agree
nor disagree

Agree

Strongly agree

8. Even when things are tough, I can perform quite well.

Strongly
disagree

Disagree

Neither agree
nor disagree

Agree

Strongly agree