Please circle the number that corresponds to how certain you are that you can do the following task regularly at the present time.

**Self-Efficacy Pain Scale**

How certain are you that you can decrease your pain **quite a bit**?

very uncertain \_ 1 \_ 2 \_ 3 \_ 4 \_ 5 \_ 6 \_ 7 \_ 8 \_ 9 \_ 10 very certain

Notes:

This single item subscale is the first question of the Arthritis Self-Efficacy Pain Scale questions.

Scoring

The score for this item is the number circled. If two consecutive numbers are circled, code the lower

number (less self-efficacy). If the numbers are not consecutive, do not score the item.

References

Lorig K, Chastain RL, Ung E, Shoor S, & Holman HR. Development and evaluation of a scale to measure self-efficacy in people with arthritis. *Arthritis and Rheumatism, 32*, (1). 1989, pp. 37-44.