General Self-Efficacy – Short Form 4a

Please respond to each item by marking one box per row.

For the next set of questions, please read each sentence and rate your level of confidence in managing various situations, problems, and events.

Rate your level of confidence.		I am not at all confident	I am a little confident	I am somewhat confident	I am quite confident	I am very confident
GSE11_C	I can manage to solve difficult problems if I try hard enough.	1	2	3	4	5
GSE14_C	I am confident that I could deal efficiently with unexpected events.	1	2	3	4	5
GSE19_C	If I am in trouble, I can think of a solution.	<u>П</u>	2	3	4	5
GSE20_C	I can handle whatever comes my way	1	2	3	4	5