**Appendix D: Self-efficacy for Managing Symptoms**

**PROMIS Item Bank v1.0 - Self-Efficacy for Managing Symptoms**

**Please rate your CURRENT level of confidence in managing your health conditions by filling in one box per row. Consider all of your health conditions and all of your symptoms in your responses to the questions. If a question is not something you have experienced, choose an answer based on similar experiences.**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **CURRENT 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** |
| SEMSX001 | I can make a moderate reduction in my symptoms  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX002 | I can reduce my symptoms to my satisfaction  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX003 | I can control my symptoms by taking my medications  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX004 | I can control my symptoms by using methods other than taking medication (for example: relaxation exercises, distraction).  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX005 | I can do something to reduce my symptoms when they worsen  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX006 | I can do something to prevent my symptoms from worsening  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX007 | I can manage unexpected or new symptoms  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX008 | I can manage my symptoms when I am at home  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX009 | I can manage my symptoms in a public place  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX010 | I can manage my symptoms during my daily activities  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX011 | I can work with my doctor to manage my symptoms  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX012 | I can manage my symptoms as well as other people with symptoms like mine  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX013 | I can keep my symptoms from interfering with my sleep  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX014 | I can keep my symptoms from interfering with relationships with friends and family. | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | **CURRENT 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** |
| SEMSX015 | I can keep my symptoms from interfering with the work I need to do  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX016 | I can keep my symptoms from interfering with my recreational activities  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX017 | I can keep my symptoms from interfering with my personal care  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX018 | I can enjoy things, despite my symptoms  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX019 | I can still accomplish most of my goals in life, despite my symptoms  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX020 | I can live a normal life, despite my symptoms  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX021 | I can be physically active, despite my symptoms  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX022 | I can maintain my sense of humor, despite my symptoms  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX023 | I can recognize when my symptoms change  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX024 | I know what to do when my symptoms worsen  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX025 | I can rely on my judgment to manage my symptoms, even when others disagree with me  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX026 | I can manage my symptoms when I am in an unfamiliar place  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX027 | I can find the information I need to manage my symptoms  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |
| SEMSX028 | I can manage my symptoms when I am tired  | 🞎1 | 🞎2 | 🞎3 | 🞎4 | 🞎5 |
|  |  |  |  |  |  |  |