

Self-Efficacy for Managing Chronic Diseases 6-item Scale

Link to website <http://www.selfmanagementresource.com/resources/evaluation-tools/english-evaluation-tools>

Link to PDF <http://www.selfmanagementresource.com/docs/pdfs/English - self-efficacy for managing chronic disease 6-item.pdf>

Link to Self-Management Resource Center <http://www.selfmanagementresource.com/>

Self-Efficacy for Managing Chronic Diseases 6-item Scale References

Lorig, K.R., Sobel, D.S., Ritter, P.L., Laurent, D., Hobbs, M. (2001). Effect of a self-management program for patients with chronic disease. *Effective Clinical Practice*, 4, 256-262.

Ritter, P.L., Lorig, K. (2014). The english and spanish self-efficacy to manage chronic disease scale measures were validated using multiple studies. *Journal of Clinical Epidemiology*, 67(11), 1265-1273.

Reliability & Validity

The Self-Efficacy to Manage Chronic Disease Scale is made up of 6-items on a visual analog scale, ranging from 1 (not at all confident) to 10 (totally confident). Ritter and Lorig (2014) conducted two new studies and reviewed eight independent studies to investigate the psychometric properties of the scale. Cronbach's alpha was a minimum of .88 across all studies, minimal floor and ceiling effects were observed, the measure was sensitive to change, and moderate and significant correlations provide convergent validity evidence when measured against selected health indicators. A German version and 4-item Spanish version are also available.

Access & Cost Information

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***This measure is available for download in the REDCap Shared Library.**