

☐ Alfred ☐ Sandringham ☐ Caulfield

SELF EFFICACY FOR MANAGING CHRONIC DISEASE (SEMCD)

Last name*		First name/s*	
Date of birth*		Sex	<input type="checkbox"/> Female <input type="checkbox"/> Male <input type="checkbox"/> Another term

*mandatory fields

Thank you for completing this questionnaire.
(Save questionnaire to your computer to complete electronically)
Date questionnaire completed _____

For each of the following questions, enter the number that corresponds with your **confidence** that you can do the tasks regularly at the present time.

How confident are you that you can

enter the number

1	How confident are you that you can keep the fatigue caused by your disease from interfering with the things you want to do?	<div>not at all confident</div> <div>1 2 3 4 5 6 7 8 9 10</div> <div>totally confident</div>
2	How confident are you that you can keep the physical discomfort or pain of your disease from interfering with the things you want to do?	<div>not at all confident</div> <div>1 2 3 4 5 6 7 8 9 10</div> <div>totally confident</div>
3	How confident are you that you can keep the emotional distress caused by your disease from interfering with the things you want to do?	<div>not at all confident</div> <div>1 2 3 4 5 6 7 8 9 10</div> <div>totally confident</div>
4	How confident are you that you can keep any other symptoms or health problems you have from interfering with the things you want to do?	<div>not at all confident</div> <div>1 2 3 4 5 6 7 8 9 10</div> <div>totally confident</div>
5	How confident are you that you can do the different tasks and activities need to manage your health condition so as to reduce your need to see a doctor?	<div>not at all confident</div> <div>1 2 3 4 5 6 7 8 9 10</div> <div>totally confident</div>
6	How confident are you that you can do things other than just taking medication to reduce how much your illness affects your everyday life?	<div>not at all confident</div> <div>1 2 3 4 5 6 7 8 9 10</div> <div>totally confident</div>

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