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|  I:\Network\P2P Self-Management SIP\5. Observational Study\Logos\JPEG files\PeerUp_Logo_FINAL-4color.jpg | Scoring the Self-Efficacy Survey |

The questions used to measure self-efficacy are from the Self-Efficacy for Managing Chronic Disease 6-Item Scale, a validated instrument developed by Dr. Kate Lorig and colleagues1. More information regarding the instrument can be found here: <http://patienteducation.stanford.edu/research/secd6.html>.

In order to detect a change in self-efficacy, it is recommended to administer this survey before participants begin the program (pre-test) and again at the end of the program (post-test). For example, pre-test would be before mentors complete training and before mentees attend a kick-off mixer and/or meet with their assigned mentor for the first time. The post-test can be administered at the celebration mixer or within a few days of the last meeting of a mentor/mentee pair.

**Scoring the Self-Efficacy for Managing Chronic Disease 6-Item Scale**:

1. The score for each item is the number circled. If two
consecutive numbers are circled in the same item, use
the lower number (less self-efficacy). If the circled numbers are not consecutive, do not score the item.

Depending on your overall program goals, an evaluator and/or statistician may be helpful in performing higher level statistical analyses.

The score for the scale is the mean of the six items. If
more than two items are missing, do not score the scale.
Higher number indicates higher self-efficacy.

1. Compare pre-test score with post-test score.

A blank self-efficacy survey, provided in a separate Word file, includes a cover sheet that estimates the amount of time it may take participants to complete the survey, assures them that all responses are confidential, and will not impact their Medicare benefits.