Self -Efficacy

Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

How confident are you that you can:  
1. Do all the things necessary to manage your conditions on a regular basis?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all confident |  |  |  |  |  |  |  |  | Completely Confident |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

2. Keep stress and worry from interfering with the things you want to do?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all confident |  |  |  |  |  |  |  |  | Completely Confident |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

3. Follow a healthy diet when you have to prepare or share food with other people who do not eat healthy?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all confident |  |  |  |  |  |  |  |  | Completely Confident |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

4. Choose the appropriate foods to eat when you are hungry (for example, snacks)?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all confident |  |  |  |  |  |  |  |  | Completely Confident |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

5. Exercise at least 15 to 30 minutes a day, 4 to 5 most days of the week?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all confident |  |  |  |  |  |  |  |  | Completely Confident |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

6. Judge when the changes in your health mean you should visit the doctor?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all confident |  |  |  |  |  |  |  |  | Completely Confident |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

7. Control your diabetes so that it does not interfere with the things you want to do?

|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
| Not at all confident |  |  |  |  |  |  |  |  | Completely Confident |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |

This product was developed by the Advancing Diabetes Self Management project at La Clinica de La Raza, Inc. in Oakland, CA with support from the Robert Wood Johnson Foundation® in Princeton, NJ.

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