

Instrument Title: General Self-Efficacy Scale (GSE)
Instrument Author: Ralf Schwarzer & Matthias Jerusalem
Cite instrument as: Ralf Schwarzer & Matthias Jerusalem. (2013) .
General Self-Efficacy Scale (GSE) . Measurement
Instrument Database for the Social Science.
Retrieved from www.midss.ie



Everything you wanted to know about the **General Self-Efficacy Scale** but were afraid to ask

by Ralf Schwarzer, January 5, 2009

The purpose of this FAQ is to assist the users of the scales published at the author's web pages <http://www.ralfschwarzer.de/>

DOWNLOAD of PDFs: http://userpage.fu-berlin.de/~health/self/selfeff_public.htm

Before attending to the questions below you might want to study our web pages. You might not have any questions after reading the web pages.

Do I need permission to use the general perceived self-efficacy (GSE) scale?

You do not need our explicit permission to utilize the scale in your research studies. We hereby grant you permission to use and reproduce the General Self-Efficacy Scale for your study, given that appropriate recognition of the source of the scale is made in the write-up of your study.

The international source is:

Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, *Measures in health psychology: A user's portfolio. Causal and control beliefs* (pp. 35-37). Windsor, England: NFER-NELSON.

The source for the German version is:

Schwarzer, R., & Jerusalem, M. (Eds.). (1999). *Skalen zur Erfassung von Lehrer- und Schülermerkmalen: Dokumentation der psychometrischen Verfahren im Rahmen der Wissenschaftlichen Begleitung des Modellversuchs Selbstwirksame Schulen*. Berlin: Freie Universität Berlin.

I am not sure whether I want to measure general perceived self-efficacy (GSE) or specific health-related self-efficacy.

You have to decide which one fits your research question. If you intend to predict a particular behavior you are better off with a specific scale. You might be best off by designing your own items, tailored to your study, such as:

"I am certain that I can do ...xy..., even if ...zz ..." (1 2 3 4).

Health-specific self-efficacy scales can be found at:

<http://userpage.fu-berlin.de/~health/healself.pdf>

For the English version of the teacher self-efficacy scale, see Schwarzer & Hallum (2008).

If you are interested in other health behavior constructs, consult the NCI Health Behavior Constructs Website:

<http://cancercontrol.cancer.gov/constructs>

What is the scoring procedure for the GSE?

Add up all responses to a sum score. The range is from 10 to 40 points. Or use a mean score, such as:

COMPUTE SEFF = Mean (SE1, SE2, SE3, SE4, SE5, SE6, SE7, SE8, SE9, SE10).

In many samples the mean had been around 2.9

Occasionally, someone will not respond to some of the items. What do you recommend to do with missing data?

Our rule of thumb is to calculate a score as long as no more than three items on the ten-item scale are missing.

In SPSS, this is done by :

COMPUTE SEFF = Mean.7 (SE1, SE2, SE3, SE4, SE5, SE6, SE7, SE8, SE9, SE10).

However, there are also other methods such as regression, hot deck, or multiple imputations techniques (ask your advisor).

How can I categorize persons as being high or low self-efficacious?

We do not endorse the view that people should be categorized this way. There is no cut-off score. One could, however, establish groups on the basis of the empirical distributions of a particular reference population. One could do a median split, which is to dichotomize the sample, for example, at the cut-off point of 30 (if this is near the median in your sample).

Can I use some original data to compare with my own data?

Yes, there is an international data set as an SPSS SAV file that includes about 18,000 respondents. Available for free download at:

http://www.fu-berlin.de/gesund/gesu_engl/world_zip.htm

What are the psychometric characteristics of the GSE?

It depends on the sample and the study context. There are more than 1,000 studies that have used the scales in many countries and languages

There are currently scale versions adapted to 30 languages. See:

<http://userpage.fu-berlin.de/~health/selfscal.htm>

Updated psychometric findings have been published recently, for example, in:

Scholz, U., Gutiérrez-Doña, B., Sud, S., & Schwarzer, R. (2002). Is general self-efficacy a universal construct? Psychometric findings from 25 countries. *European Journal of Psychological Assessment, 18*(3), 242-251.

Luszczynska, A., Gutiérrez-Doña, B., & Schwarzer, R. (2004). General self-efficacy in various domains of human functioning: Evidence from five countries. *International Journal of Psychology*.

 **Can you tell me more about the validity of the GSE?**

Concurrent and Prognostic Validity of General Perceived Self-Efficacy				
	1989		1991	
	<i>Men</i>	<i>Women</i>	<i>Men</i>	<i>Women</i>
Depression	-.31	-.44	-.27	-.32
Loneliness	-.39	-.39	-.27	-.24
Anxiety	-.41	-.45	-.31	-.32
Shyness	-.47	-.47	-.33	-.29
Self-Esteem	.51	.59	.34	.40
Optimism	.48	.51	.20	.56
Pessimism	-.27	-.30	-.20	-.19

Note. The correlations were derived from a sample of East German migrants in 1989 and 1991.

n = 528 men and n = 380 women took part in the first wave of data collection, n = 122 men and n = 102 women participated also at the second point in time.

Correlations between Self-Efficacy and Other Personality Traits	
Extraversion (FPI)	.49
Neuroticism	-.42
Extraversion (PDE)	.64
Failure or action orientation	.43
Decision or action orientation	.49
Action centering	.15
Hope for success	.46
Fear of failure	-.45

Note. The correlations were derived from a sample of N = 180 university students. All correlations are highly significant.

 **What are the norms of the GSE?**

T-Norms of the General Perceived Self-Efficacy Scale				
Heterogenous Adult Population		High School Students		US-American Adult Population

X	T	X	T	X	T
10	12	10	1		
11	14	11	3	11	14
12	16	12	6	12	16
13	18	13	8	13	18
14	20	14	11	14	20
15	22	15	13	15	22
16	24	16	16	16	24
17	26	17	19	17	26
18	28	18	21	18	28
19	30	19	24	19	30
20	32	20	26	20	32
21	34	21	29	21	33
22	36	22	31	22	35
23	38	23	34	23	37
24	40	24	36	24	39
25	42	25	39	25	41
26	44	26	41	26	43
27	46	27	44	27	45
28	48	28	46	28	47
29	49	29	49	29	49
30	51	30	51	30	51
31	53	31	54	31	53
32	55	32	56	32	55
33	57	33	59	33	57
34	59	34	61	34	59
35	61	35	64	35	61
36	63	36	66	36	63
37	65	37	69	37	65
38	67	38	71	38	67
39	69	39	74	39	69
40	71	40	76	40	70

Note.. Heterogenous Adult Population: The T-norms for the German version of this scale are based on a sample of N = 1,660 persons. The weighted mean was found to be 29.28, the weighted variance equalled 25.91.

High School Students: These T-norms were derived from a sample of N = 3,494 German high school students (12 to 17 years old). In this sample the mean was found to be 29.60, standard deviation equalled 4.0.

US-American Adult Polulation: These T-norms were derived from a sample of N = 1,594 US-American adults. In this sample the mean was found to be 29.48, standard deviation equalled 5.13. Gender was equally distributed, male 50.9%, female 49.1%.

Where can I read more about the scale and the research that has been conducted with it?

- Jerusalem, M., & Schwarzer, R. (1992). Self-efficacy as a resource factor in stress appraisal processes. In R. Schwarzer (Ed.), *Self-efficacy: Thought control of action* (pp. 195-213). Washington, DC: Hemisphere.
- Mittag, W., & Schwarzer, R. (1993). Interaction of employment status and self-efficacy on alcohol consumption: A two-wave study on stressful life transitions. *Psychology & Health, 8*, 77-87.
- Schwarzer, R. (1993). *Measurement of perceived self-efficacy. Psychometric scales for cross-cultural research*. Berlin, Germany: Freie Universität Berlin (*no longer available*)
- Schwarzer, R. (1994). Optimism, vulnerability, and self-beliefs as health-related cognitions: A systematic overview. *Psychology & Health, 9*, 161-180.
- Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, *Measures in health psychology: A user's portfolio. Causal and control beliefs* (pp. 35-37). Windsor, UK: NFER-NELSON.
- Zhang, J. X., & Schwarzer, R. (1995). Measuring optimistic self-beliefs: A Chinese adaptation of the General Self-Efficacy Scale. *Psychologia: An International Journal of Psychology in the Orient, 38* (3), 174-181.
- Bäßler, J., & Schwarzer, R. (1996). Evaluación de la autoeficacia: Adaptación española de la escala de autoeficacia general [Measuring generalized self-beliefs: A Spanish adaptation of the General Self-Efficacy scale]. *Ansiedad y Estrés, 2* (1), 1-8.
- Schwarzer, R., & Fuchs, R. (1996). Self-efficacy and health behaviors. In M. Conner & P. Norman (Eds.), *Predicting health behavior: Research and practice with social cognition models*. (pp. 163-196) Buckingham, UK: Open University Press.
- Schwarzer, R., Jerusalem, M., & Romek, V. (1996). Russian version of the General Self-Efficacy Scale. *Foreign Psychology (Moscow), 7*, 71-77 [in Russian].
- Schwarzer, R., Bäßler, J., Kwiatek, P., Schröder, K., & Zhang, J. X. (1997). The assessment of optimistic self-beliefs: Comparison of the German, Spanish, and Chinese versions of the General Self-Efficacy Scale. *Applied Psychology: An International Review, 46* (1), 69-88.
- Schwarzer, R., & Born, A. (1997). Optimistic self-beliefs: Assessment of general perceived self-efficacy in thirteen cultures. *World Psychology, 3*(1-2), 177-190.
- Schwarzer, R., Born, A., Iwawaki, S., Lee, Y.-M., Saito, E., & Yue, X. (1997). The assessment of optimistic self-beliefs: Comparison of the Chinese, Indonesian, Japanese and Korean versions of the General Self-Efficacy Scale. *Psychologia: An International Journal of Psychology in the Orient, 40* (1), 1-13.
- Schwarzer, R., Mueller, J., & Greenglass, E. (1999). Assessment of perceived general self-efficacy on the Internet: Data collection in cyberspace. *Anxiety, Stress, and Coping, 12*, 145-161.
- Rimm, H., & Jerusalem, M. (1999). Adaptation and validation of an Estonian version of the General Self-Efficacy Scale (ESES). *Anxiety, Stress, and Coping, 12*, 329-345.
- Schwarzer, R., & Jerusalem, M. (Eds.). (1999). *Skalen zur Erfassung von Lehrer- und Schülermerkmalen: Dokumentation der psychometrischen Verfahren im Rahmen der Wissenschaftlichen Begleitung des Modellversuchs Selbstwirksame Schulen*. Berlin: Freie Universität Berlin.
- Scholz, U., Gutiérrez-Doña, B., Sud, S., & Schwarzer, R. (2002). Is general self-efficacy a universal construct? Psychometric findings from 25 countries. *European Journal of Psychological Assessment, 18*(3), 242-251.

- Schwarzer, R. (2003). Selbstwirksamkeitserwartung – ein psychologisches Konstrukt für die pädagogische Praxis [Self-efficacy—A psychological construct for pedagogical practice]. In J. Koblitz & N. Posse (Hg.), *Weiterbildung und Beratung – Zum Dialog von Theorie und Praxis. Festschrift für Christine Schwarzer* (S. 125-152). Berlin: Logos Verlag.
- Schwarzer, R., & Jerusalem, M. (2004). General self-efficacy scale. In S. Salek (Ed.), *Compendium of quality of life instruments* (Vol. 6, Section 2A:1) [CD-ROM]. Cardiff, Wales: Centre for Socioeconomic Research, Cardiff University. Haslemere, England: Euromed Communications [CD-ROM publication, without page numbers].
- Schwarzer, R., & Schmitz, G. S. (2004). Perceived self-efficacy and teacher burnout: A longitudinal study in ten schools. In Marsh, H. W., Baumert, J., Richards, G. E., & Trautwein, U. (Eds.), *Proceedings - Self-concept, motivation and identity: Where to from here?* University of Western Sydney, Australia: SELF Research Centre. Retrieved December 17, 2004, from http://self.uws.edu.au/Conferences/2004_Schwarzer_Schmitz.pdf
- Luszczynska, A., Gutiérrez-Doña, B., & Schwarzer, R. (2005). General self-efficacy in various domains of human functioning: Evidence from five countries. *International Journal of Psychology*, 40(2), 80-89.
- Luszczynska, A., & Schwarzer, R. (2005). Multidimensional health locus of control: Comments on the construct and its measurement. *Journal of Health Psychology*, 10(5), 633-642.
- Luszczynska, A., & Schwarzer, R. (2005). Social cognitive theory. In M. Conner & P. Norman (Eds.), *Predicting health behaviour* (2nd ed. rev., pp. 127-169). Buckingham, England: Open University Press.
- Luszczynska, A., & Schwarzer, R. (2005). The role of self-efficacy in health self-regulation. In W. Greve, K. Rothermund, & D. Wentura (Eds.), *The adaptive self: Personal continuity and intentional self-development* (pp. 137-152). Göttingen, Germany: Hogrefe/Huber.
- Schwarzer, R., Boehmer, S., Luszczynska, A., Mohamed, N. E., & Knoll, N. (2005). Dispositional self-efficacy as a personal resource factor in coping after surgery. *Personality and Individual Differences*, 39, 807-818.
- Schwarzer, R., & Luszczynska, A. (2005). Self-efficacy, adolescents' risk-taking behaviors, and health. In F. Pajares & T. Urdan (Eds.), *Self-efficacy beliefs of adolescents. Adolescence and education* (Vol. V; pp. 139-159). Greenwich, CT: Information Age Publishing.
- Luszczynska, A., Mohamed, N. E., & Schwarzer, R. (2005). Self-efficacy and social support predict benefit finding 12 months after cancer surgery: The mediating role of coping strategies. *Psychology, Health & Medicine*, 10, 365-375.
- Luszczynska, A., Scholz, U., & Schwarzer, R. (2005). The general self-efficacy scale: Multicultural validation studies. *The Journal of Psychology*, 139(5), 439-457.
- Boehmer, S., Luszczynska, A., & Schwarzer, R. (2007). Coping and quality of life after tumor surgery: Personal and social resources promote different domains of quality of life. *Anxiety, Stress, and Coping*, 20, 61-75.
- Boehmer, S., Luszczynska, A., & Schwarzer, R. (2007). Coping and quality of life after tumor surgery: Personal and social resources promote different domains of quality of life. *Anxiety, Stress, and Coping*, 20, 61-75.

Schwarzer, R., & Luszczynska, A. (2007). Self-efficacy. In M. Gerrard & K. D. McCaul (Eds.), *Health behavior constructs: Theory, measurement, and research*. National Cancer Institute Website. Retrieved June 11, 2008 from <http://dccps.cancer.gov/brp/constructs/self-efficacy/index.html>

Schwarzer, R., & Hallum, S. (2008). Perceived teacher self-efficacy as a predictor of job stress and burnout: Mediation analyses. *Applied Psychology: An International Review. Special Issue: Health and Well-Being*, 57, 152-171.

 **We wish you much success with your research.**

If you still have questions, you may send an e-mail to Ralf Schwarzer at health@zedat.fu-berlin.de

DOWNLOAD of PDFs: http://userpage.fu-berlin.de/~health/self/selfeff_public.htm

