

Reliability and Validity of the Spanish Version of the Revised Scale for Caregiving Self-Efficacy

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This study investigated the reliability and convergent validity of the Revised Scale for Caregiving Self-Efficacy (RSCSE) in a Spanish sample of 180 caregivers of relatives with dementia. The self-efficacy scales were examined in relation to help-seeking behaviors, behavioral problems of the relative, dysfunctional thoughts about caregiving, and depressive symptoms. Good internal consistency indices were found for the RSCSE subscales. Those caregivers with higher scores on the RSCSE reported more help-seeking behaviors, a higher frequency of behavioral problems of their relative, fewer dysfunctional thoughts about caregiving, and less depression. The clinical implications of these results are discussed.

KEYWORDS *behavioral problems, caregivers, dementia, depression, dysfunctional, help seeking, self efficacy*

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