

Participant Number \_\_\_\_\_

Date \_\_\_\_\_

Staff \_\_\_\_\_

Assessment # 1 2 3 4 (Please circle)

### Revised Scale for Caregiving Self-Efficacy (Steffen et al., 2002)

“I’d like you to turn to the next card in your answer booklet – to card number one. Do you have it? Good. For this part, we are interested in how confident you are that you can keep up your own activities and also respond to caregiving situations. Please think about the questions I am going to read to you carefully, and be as frank and honest as you can about what you really think you can do. I will read items which cover activities and thoughts that could come up for you as a caregiver. Please think about each one and tell me how confident you are that you could do each item. Rate your degree of confidence from 0 to 100 where a 0% confidence means that you cannot do it at all, a 50% confidence means that if you gave it your best effort, chances are about 50-50 that you could perform the activity, and a 100% confidence means you are certain you can do it. You can use any score between 0 and 100 (10, 20, 30, etc.) to express your confidence. For example, a rating of 20% confidence means that it is unlikely, but not totally out of the question for you to be able to perform the activity.

<b>0</b>	<b>10</b>	<b>20</b>	<b>30</b>	<b>40</b>	<b>50</b>	<b>60</b>	<b>70</b>	<b>80</b>	<b>90</b>	<b>100</b>
<b>Cannot do at all</b>					<b>Moderately certain can do</b>					<b>Certain can do</b>

Please make all your ratings based on what you could do Today, as the person you are NOW rather than on the person you used to be, or the person you would like to be. Just rate how you think you would do as you are right Now. Do you have any questions? We are going to do a quick practice rating to make sure everything makes sense. If you were asked to lift objects of different weights right now, how confident are you that you can :

#### PHYSICAL STRENGTH

#### CONFIDENCE (0-100)

- 1. Lift a 10 pound object \_\_\_\_\_
- 2. Lift a 20 pound object \_\_\_\_\_
- 3. Lift a 50 pound object \_\_\_\_\_
- 4. Lift a 100 pound object \_\_\_\_\_

“Great. Let’s go on. How confident are you that you can do the following activities?” (If necessary, say “If this is absolutely not applicable to your situation, let me know.” Then put N/A).

#### Self-Efficacy for Obtaining Respite

- \_\_\_\_ 1. How confident are you that you can ask a friend/family member to stay with \_\_\_\_ for a day when you need to see the doctor yourself?
- \_\_\_\_ 2. How confident are you that you can ask a friend/family member to stay with \_\_\_\_ for a day when you have errands to be done?
- \_\_\_\_ 3. How confident are you that you can ask a friend or family member to do errands for you?
- \_\_\_\_ 4. How confident are you that you can ask a friend/family member to stay with \_\_\_\_ for a day when you feel the need for a break?

- \_\_\_ 5. How confident are you that you can ask a friend/family member to stay with \_\_\_ for a week when you need the time for yourself?

### **Self-Efficacy for Responding to Disruptive Patient Behaviors**

- \_\_\_ 6. When \_\_\_ forgets your daily routine and asks when lunch is right after you've eaten, how confident are you that you can answer him/her without raising your voice? (Clarify that "answer" can be direct or a distraction.)
- \_\_\_ 7. When you get angry because \_\_\_ repeats the same question over and over, how confident are you that you can say things to yourself that calm you down?
- \_\_\_ 8. When \_\_\_ complains to you about how you're treating him/her, how confident are you that you can respond without arguing back? (e.g., reassure or distract him/her?)
- \_\_\_ 9. When \_\_\_ asks you 4 times in the first one hour after lunch when lunch is, how confident are you that you can answer him/her without raising your voice?
- \_\_\_ 10. When \_\_\_ interrupts you for the fourth time while you're making dinner, how confident are you that you can respond without raising your voice?

"All caregivers sometimes have negative thoughts about their situation. Some thoughts may be brief and easy to get rid of. Other times, thoughts may be hard to put out of your mind, just like a silly tune is sometimes hard to get out of your mind. We would like to know how well you can turn off any of the following thoughts. Use the same confidence rating. Don't be concerned about how often the thoughts come up. We want you to rank your confidence that you can turn off or get rid of each type of thought when it does come up." (Administrator: When caregivers state that they have absolutely never had the thoughts in one of the items, put "N/A" (not applicable) on the line for rating confidence.)

### **Self-Efficacy for Controlling Upsetting Thoughts about Caregiving**

- \_\_\_ 11. How confident are you that you can control thinking about unpleasant aspects of taking care of \_\_\_?
- \_\_\_ 12. How confident are you that you can control thinking how unfair it is that you have to put up with this situation (taking care of \_\_\_)?
- \_\_\_ 13. How confident are you that you can control thinking about what a good life you had before \_\_\_'s illness and how much you've lost?
- \_\_\_ 14. How confident are you that you can control thinking about what you are missing or giving up because of \_\_\_?
- \_\_\_ 15. How confident are you that you can control worrying about future problems that might come up with \_\_\_?