**Self-control and belief questions**

**When should you use these questions?**

These questions may be useful if your project aims to increase participants’ confidence. The questions were developed by Jerusalem & Schwarzer, and measure self-control and belief – a key component of confidence.

**How to use these questions**

These questions can be copied and pasted directly into a questionnaire. It is important to include all 10 questions, in order to cover all aspects of self-control and belief.

For each question, deciding that the statement is more true indicates a higher level of self-control and belief.

To analyse the results, assign a 1 to each answer of ‘not at all true’, a 2 to each ‘hardly true’, a 3 to each ‘moderately true’ and a 4 to each ‘exactly true’. Add up the total to generate an overall score for each participant. The higher the score, the higher the overall level of self-control and belief.

**Please select how true you consider each statement to be for you.**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | Not at all true | Hardly true | Moderately true | Exactly true |
| I can always manage to solve difficult problems if I try hard enough. | □ | □ | □ | □ |
| If someone opposes me, I can find the means and ways to get what I want. | □ | □ | □ | □ |
| It is easy for me to stick to my aims and accomplish my goals. | □ | □ | □ | □ |
| I am confident that I could deal efficiently with unexpected events. | □ | □ | □ | □ |
| Thanks to my resourcefulness, I know how to handle unforeseen situations. | □ | □ | □ | □ |
| I can solve most problems if I invest the necessary effort. | □ | □ | □ | □ |
| I can remain calm when facing difficulties because I can rely on my coping abilities. | □ | □ | □ | □ |
| When I am confronted with a problem, I can usually find several solutions. | □ | □ | □ | □ |
| If I am in trouble, I can usually think of a solution. | □ | □ | □ | □ |
| I can usually handle whatever comes my way. | □ | □ | □ | □ |