

Appendix C 4a: Self-Efficacy Scale

Self-efficacy scale

This scale was developed by Susan Rossi Ph.D. of Prochaska's group in Rhode Island. The scale was adapted and tested in a Canadian population by Stephanie Ôunpuu, Ph.D. in partial fulfilment for her doctoral thesis. Dr. Ôunpuu has given permission to service providers of FOOD STEPS to use her self-efficacy scale. If you wish to do a full outcome study, you will need to use additional scales: decisional balance and processes of change available through Windsor-Essex County Health Unit. These are also Dr. Ôunpuu's scales and you will need to obtain her permission to use them and to discuss how they were developed with her. She may be contacted at: (519) 654-9735 after 8 p.m. or leave a message.

The self-efficacy scale is a confidence scale based on an individual's confidence to avoid temptation to eat high-fat foods in three situations: **positive social** (happy occasions, like parties, eating out, etc.), **negative affective** (highly emotional negative situations e.g., "bad hair days," being reprimanded by the boss, etc.), and **difficult situations** (such as , travelling and only high-fat foods available, or invited out to dinner and only high-fat foods available).

An individual's self-efficacy is a measure of their belief in their own abilities to avoid high-fat foods and is therefore, an important marker of success. Self-efficacy increases across the stages from Precontemplation to Maintenance, as an individual build skills and successfully overcomes temptation to eat high-fat foods. Therefore, self-efficacy correlates with stage of change and should also correlate with the Fat score. The self-efficacy score combined with the Fat-score and the stage of change provides a good indication of the success of the program in any population.

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Self-Efficacy Scale:

For many of us, our food choices are affected by the situation we find ourselves in, and/or by the mood we are in. The next section asks you to state how different circumstances impact on your food choices.

Please note **HOW CONFIDENT** you are that you would **choose low-fat foods** in each of the following situations. For each situation, circle one number.

	Extremely Confident	Very	Moderately	Not Very	Not at all
I would choose low-fat foods					
1. ...in situations in which I am celebrating with friends and happy.....	1	2	3	4	5
2. ...when I have to prepare meals for myself.....	1	2	3	4	5
3. ...when only high fat foods are readily available....	1	2	3	4	5
4. ...in situations when eating a low fat food is just too much trouble.....	1	2	3	4	5
5. ...on days when things are not going my way and I feel frustrated	1	2	3	4	5
6. ...when I have had an argument with someone close to me and feel upset	1	2	3	4	5
7. ...when I have experienced a tough day and am not feeling good about myself.....	1	2	3	4	5
8. ...when I am depressed (or down)	1	2	3	4	5
9. ...while enjoying the company of others at a picnic or barbeque	1	2	3	4	5

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	Extremely Confident	Very	Moderately	Not Very	Not at all
10. ...while eating out at a restaurant with close friends	1	2	3	4	5
11. ...when substituting a low fat food for the high fat one I really want is a hassle	1	2	3	4	5
12. ...while having a good time with friends at a party	1	2	3	4	5