SCI Exercise Self-Efficacy Scale (ESES)

Please tell us how confident you are with regard to carrying out regular physical activities.

I am confident…

1. …that I could always overcome barriers and challenges with regard to exercise if I try hard enough.
   - [ ] Not at all true
   - [ ] Hardly True
   - [ ] Moderately True
   - [ ] Exactly True

2. …that I could find the means and ways to exercise and be physically active.
   - [ ] Not at all true
   - [ ] Hardly True
   - [ ] Moderately True
   - [ ] Exactly True

3. …that it is easy for me to accomplish my activity and exercise goals.
   - [ ] Not at all true
   - [ ] Hardly True
   - [ ] Moderately True
   - [ ] Exactly True

4. …that when I am confronted with a barrier to exercise I could usually find several solutions to overcome this barrier.
   - [ ] Not at all true
   - [ ] Hardly True
   - [ ] Moderately True
   - [ ] Exactly True

5. …I could exercise even when I am tired.
   - [ ] Not at all true
   - [ ] Hardly True
   - [ ] Moderately True
   - [ ] Exactly True
6. I could exercise even when I am feeling depressed.

- [ ] Not at all true
- [ ] Hardly true
- [ ] Moderately true
- [ ] Exactly true

7. …that I could exercise even without the support of my family or friends.

- [ ] Not at all true
- [ ] Hardly true
- [ ] Moderately true
- [ ] Exactly true

8. …that I could exercise without the help of an exercise therapist.

- [ ] Not at all true
- [ ] Hardly true
- [ ] Moderately true
- [ ] Exactly true

9. …that I could be physically active despite my spinal cord injury

- [ ] Not at all true
- [ ] Hardly true
- [ ] Moderately true
- [ ] Exactly true

10. …that I could exercise even if I had no access to a gym or training facility.

- [ ] Not at all true
- [ ] Hardly true
- [ ] Moderately true
- [ ] Exactly true

Reference: