

APPENDIX 4

TBI Self-Efficacy Scale

In each of the following questions, we would like to know how you feel about your TBI-related problems or cognitive disorder. For each of the following questions, please rate how certain you are that you can now perform the following activities or tasks. The scale ranges from 0-10. 0 indicates “Very Uncertain” and 10 indicates “Very Certain.” *Please circle a number between 0 and 10.*

0 = Very Uncertain

Very Certain = 10

How certain are you that you can prevent your TBI or cognitive disorder from interfering with your relationships with family and friends?

0 1 2 3 4 5 6 7 8 9 10

How certain are you that you can manage problems related to TBI or cognitive disorder so that you can do the things you enjoy?

0 1 2 3 4 5 6 7 8 9 10

How certain are you that you can deal with frustration, sadness, or other difficult emotions related to TBI or cognitive disorder?

0 1 2 3 4 5 6 7 8 9 10

How certain are you that you can solve problems related to TBI or cognitive disorder?

0 1 2 3 4 5 6 7 8 9 10

How certain are you that you can prevent your TBI or cognitive disorder from interfering with your ability to manage important personal affairs such as money, healthcare, and legal matters?

0 1 2 3 4 5 6 7 8 9 10

How certain are you that you can manage problems related to the TBI so that you can work, go to school, and/or take care of other similar life responsibilities?

0 1 2 3 4 5 6 7 8 9 10