

# PROMIS General Self-Efficacy

**Rate your level of confidence.**

1) I can manage to solve difficult problems if I try hard enough.

- I am not at all confident
- I am a little confident
- I am somewhat confident
- I am quite confident
- I am very confident

**Rate your level of confidence.**

2) I am confident that I could deal efficiently with unexpected events.

- I am not at all confident
- I am a little confident
- I am somewhat confident
- I am quite confident
- I am very confident

**Rate your level of confidence.**

3) If I am in trouble, I can think of a solution.

- I am not at all confident
- I am a little confident
- I am somewhat confident
- I am quite confident
- I am very confident

**Rate your level of confidence.**

4) I can handle whatever comes my way.

- I am not at all confident
- I am a little confident
- I am somewhat confident
- I am quite confident
- I am very confident