

Health Behavior Self-Efficacy Questionnaire

The following statements describe how confident you feel in your ability to engage in everyday health habits. For each statement, please select the response that best describes your level of confidence.

I am confident in my ability to maintain a physically active lifestyle.

00=Not at all
01=A little bit
02=Somewhat
03=Quite a bit
04=Very much

I am confident in my ability to maintain a healthy diet.

00=Not at all
01=A little bit
02=Somewhat
03=Quite a bit
04=Very much

I am confident in my ability to drink alcohol in moderation or abstain from drinking altogether.

00=Not at all
01=A little bit
02=Somewhat
03=Quite a bit
04=Very much

I am confident in my ability to abstain from cigarettes or other tobacco products.

00=Not at all
01=A little bit
02=Somewhat
03=Quite a bit
04=Very much

I am confident in my ability to manage stress.

00=Not at all
01=A little bit
02=Somewhat
03=Quite a bit
04=Very much

I am confident in my ability to participate in social activities with others.

00=Not at all
01=A little bit
02=Somewhat
03=Quite a bit
04=Very much