

Barriers Specific Exercise Self-Efficacy Scale

The following items reflect situations that are listed as common reasons for preventing individuals from participating in exercise sessions or, in some cases, dropping out. Using the scales below please indicate how confident you are that you could exercise in the event that any of the following circumstances were to occur.

Please indicate the degree to which you are confident that you could exercise in the event that any of the following circumstances were to occur by circling the appropriate %. Select the response that most closely matches your own, remembering that there are no right or wrong answers.

For example, in question #1 if you have complete confidence that you could exercise even if "the weather was very bad," you would circle 100%. If, however, you had no confidence at all that you could exercise, if you failed to make or continue making progress (that is, confidence you would not exercise), you would circle 0%.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

NOT AT ALL
CONFIDENT

MODERATELY
CONFIDENT

HIGHLY
CONFIDENT

I BELIEVE THAT I COULD EXERCISE REGULARLY FOR THE NEXT 3 MONTHS IF:

1. The weather was very bad (hot, humid, rainy, cold).

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

2. I was bored by the program or activity.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

3. I was on vacation.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Mark your answer by circling a %.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

NOT AT ALL
CONFIDENT

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CONFIDENT

HIGHLY
CONFIDENT

I BELIEVE THAT I COULD EXERCISE REGULARLY FOR THE NEXT 3 MONTHS IF:

4. I was not interested in the activity.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

5. I felt pain or discomfort when exercising.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

6. I had to exercise alone.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

7. It was not fun or enjoyable.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

8. It became difficult to get to the exercise location.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

9. I didn't like the particular activity program that I was involved in.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

Mark your answer by circling a %.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

NOT AT ALL
CONFIDENT

MODERATELY
CONFIDENT

HIGHLY
CONFIDENT

I BELIEVE THAT I COULD EXERCISE REGULARLY FOR THE NEXT 3 MONTHS IF:

10. My schedule conflicted with my exercise session.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

11. I felt self-conscious about my appearance when I exercised.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

12. An instructor does not offer me any encouragement.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%

13. I was under personal stress of some kind.

0% 10% 20% 30% 40% 50% 60% 70% 80% 90% 100%