

HEALTH SPECIFIC SELF EFFICACY SCALES

How certain are you that you could overcome the following barriers?

Nutrition

I can manage to stick to healthful foods....

		very uncertain(1)	rather uncertain (2)	rather certain (3)	very certain(4)
1	...even if I need a longtime to develop the necessary routines.				
2	...even if I have to try several times until it works.				
3	...even if I have to rethink my entire way of nutrition.				
4	...even if I do not receive a great deal of support from others when making my first attempts				
5	...even if I have to make a detailed plan.				

Physical exercise

I can manage to carry out my exercise intentions, ...

		very uncertain(1)	rather uncertain (2)	rather certain (3)	very certain(4)
1	...even when I have worries and problems.				
2	...even if I feel depressed.				
3	...even when I feel tense.				
4	...even when I am tired.				
5	...even when I am busy.				

Alcohol resistance

I am certain that I can control myself to...^[1]_{SEP}

		very uncertain(1)	rather uncertain (2)	rather certain (3)	very certain(4)
1	...reduce my alcohol consumption.				
2	...not to drink any alcohol at all.				
3	...drink only at special occasions.				