

## **Epilepsy Outcome Expectancy Scale**

Outcome expectancy is defined as a judgment of the likely consequences of practicing self-management strategies and is operationally defined by three scales assessing outcomes expected if one follows one's treatment, including taking medications, or if one has a seizure, or manages epilepsy well. Each item is rated on a 5-point scale from 1, strongly disagree, to 5, strongly agree. Items for the scale were developed based on the construct of outcome expectancy as defined by Bandura (1986). The original set of items was reviewed to assess content validity (DiIorio et al, 1992).

Outcome expectancy related to treatment consists of 12 items with higher scores averaged over the 12 items corresponding to more positive outcome expectancies about treatment. Item #8 is reverse scored. Outcome expectancy for having a seizure is a 17-item scale with higher scores averaged over the 17 items corresponding to more negative outcomes related to seizures. Items #9 and #16 are reverse scored. Outcome expectancy related to epilepsy management is an 8-item scale with higher scores averaged over the 8 items associated with more positive outcomes related to epilepsy management.

The treatment and seizure outcome expectancy scales were assessed for internal consistency reliability with a sample of people with epilepsy. The alpha coefficient for the outcomes related to seizure medications was .81, for having a seizure was .84, and for management of epilepsy .78 (DiIorio et al., 2003; 2004).

DiIorio, C., Shafer, P., Letz, R., Henry, T., Schomer, D., Yeager, K. (2003). The association of stigma with self-management and perceptions of health care among adults with epilepsy. Epilepsy and Behavior, 4(3), 259-267.

DiIorio, C., Shafer, P., Letz, R., Henry, T., Schomer, D., Yeager, K. (2004). Project EASE: A study to test a psychosocial model of epilepsy medication management. Epilepsy & Behavior, 5(6), 926-936.

### Outcome Expectancy for Treatment

Instructions: This part has three sections. For each of the statements, please indicate to what extent you agree or disagree.

<b>If I follow the treatment for my seizures:</b>	Strongly Disagree	Somewh at Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
1. I will not have seizures.	1	2	3	4	5
2. I will feel more responsible.	1	2	3	4	5
3. My family/friends won't nag me.	1	2	3	4	5
4. I will be able to work regularly.	1	2	3	4	5
5. I will feel better about myself.	1	2	3	4	5
6. I will feel more confident.	1	2	3	4	5
7. My family/friends will be happy.	1	2	3	4	5
8. I will have side effects from the medications.	1	2	3	4	5
9. I will be able to do things that I could not do before.	1	2	3	4	5
10. My family/friends won't worry about me	1	2	3	4	5
11. I won't be a burden to my friends or family.	1	2	3	4	5
12. I will worry less about having seizures in public.	1	2	3	4	5

### Outcome Expectancy For Seizures

<b>If I have a seizure:</b>	Strongly Disagree	Somewh at Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
1. I will feel guilty.	1	2	3	4	5
2. I will be embarrassed .	1	2	3	4	5
3. My family/friends will be frightened.	1	2	3	4	5
4. I will injure myself.	1	2	3	4	5
5. I will lose my job.	1	2	3	4	5
6. I will suffer brain damage.	1	2	3	4	5
7. I will be frightened.	1	2	3	4	5
8. I will be tired.	1	2	3	4	5
9. My family/friends will help me.	1	2	3	4	5
10. My friends will leave me.	1	2	3	4	5
11. I will feel different from others.	1	2	3	4	5
12. I will be unsure of my future.	1	2	3	4	5
13. I will feel bad about myself.	1	2	3	4	5
14. I will feel out of control.	1	2	3	4	5
15. I am afraid that I may die.	1	2	3	4	5
16. I will feel it would not interfere with my life.	1	2	3	4	5
17. I will not be able to drive.	1	2	3	4	5

### Outcome Expectancies for Management of Seizures

<b>If I can manage my seizures well:</b>	Strongly Disagree	Somewhat Disagree	Neither Agree Nor Disagree	Somewhat Agree	Strongly Agree
1. I will be more satisfied with my ability to talk with the doctors and nurses.	1	2	3	4	5
2. I will be less likely to receive treatment that I do not really need.	1	2	3	4	5
3. I will feel more satisfied with my life in general.	1	2	3	4	5
4. I will know how to better care for myself and my seizures.	1	2	3	4	5
5. I will cope well with my seizures.	1	2	3	4	5
6. I will be more involved in community activities.	1	2	3	4	5
7. I will be more independent and feel more in charge of my life.	1	2	3	4	5
8. My family will be less concerned about taking care of me.	1	2	3	4	5