

Epilepsy Self-Efficacy Scale-33 Items

Epilepsy Self-Efficacy Scale is a 33-item scale that measures the different aspects of efficacy in the self-management of epilepsy. Items are rated on an 11-point Likert rating scale, ranging from 0, I cannot do at all, to 10, sure I can do. Items for the scale were developed based on the construct of self-efficacy as defined by Bandura (1986). The original set of items was reviewed by a group of physicians, nurses, and people with epilepsy to assess face validity, and reviewed by experts in self-efficacy, including Bandura, to assess content validity (DiIorio et al, 1992). Cronbach's alpha for samples from two studies ranged from 0.91 to 0.93, and test-retest reliability was 0.81. The self-efficacy scale correlated in the predicted direction with self-management and social support, providing evidence of construct validity (DiIorio et al., 1992).

In 2000, eight items were added to the 25-item Epilepsy Self-Efficacy Scale to further assess self-efficacy associated with life-style issues. In the ESES 2000 Version, the new items are item numbers 3, 6, 10, 14, 17, 22, 27, and 31. The total possible scores for the ESES range from 0 to 330. Higher scores correspond to higher levels of confidence in ability to manage epilepsy. The Cronbach's alpha for a group of 314 participants with the expanded 33-item scale was 0.90 (DiIorio, Shafer, et al., 2003).

References

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Epilepsy Self-Efficacy Scale

	I cannot do at all				Moderately sure I can do				Sure I can do			
	0	1	2	3	4	5	6	7	8	9	10	
1. I can always take my seizure medication when I am away from home.	0	1	2	3	4	5	6	7	8	9	10	
2. I can stay on my seizure medication most of the time.	0	1	2	3	4	5	6	7	8	9	10	
*3. I can always practice relaxation exercises to help me manage stress.	0	1	2	3	4	5	6	7	8	9	10	
4. I can always name my seizure medication.	0	1	2	3	4	5	6	7	8	9	10	
5. I can always plan ahead so that I do not run out of my seizure medication.	0	1	2	3	4	5	6	7	8	9	10	
*6. I can always get enough exercise.	0	1	2	3	4	5	6	7	8	9	10	
7. I can always take my seizure medication on holidays, birthdays, vacations, and other special occasions.	0	1	2	3	4	5	6	7	8	9	10	
8. I can have fun with other people and still manage my epilepsy.	0	1	2	3	4	5	6	7	8	9	10	
9. I can always take my seizure medication around people who do not know that I have seizures.	0	1	2	3	4	5	6	7	8	9	10	
*10. I can always use stress management techniques to stop seizures.	0	1	2	3	4	5	6	7	8	9	10	
11. I can always take care of day-to-day changes in my epilepsy.	0	1	2	3	4	5	6	7	8	9	10	
12. I can always manage my epilepsy in new situations.	0	1	2	3	4	5	6	7	8	9	10	
13. I can always tell when I am having side effects from my seizure medication.	0	1	2	3	4	5	6	7	8	9	10	
*14. I can always eat healthy meals.	0	1	2	3	4	5	6	7	8	9	10	
15. I can always deal with any side effects from my seizure medication.	0	1	2	3	4	5	6	7	8	9	10	
16. I can always manage my epilepsy.	0	1	2	3	4	5	6	7	8	9	10	
*17. I can always recognize situations or activities that may make my seizures worse.	0	1	2	3	4	5	6	7	8	9	10	

18. I can always find ways to get enough sleep.	0	1	2	3	4	5	6	7	8	9	10
19. I can always handle situations that upset me.	0	1	2	3	4	5	6	7	8	9	10
20. I can always fit my seizure medication schedule around my daily activities.	0	1	2	3	4	5	6	7	8	9	10
21. I can always do what needs to be done if I miss a dose of my seizure medication.	0	1	2	3	4	5	6	7	8	9	10
*22. I can always find ways to do things that I enjoy to help me manage stress.	0	1	2	3	4	5	6	7	8	9	10
23. I can always follow my seizure medication schedule.	0	1	2	3	4	5	6	7	8	9	10
24. I can always call my doctor or nurse when I need to ask a question or report a seizure.	0	1	2	3	4	5	6	7	8	9	10
25. I can always keep my epilepsy under control.	0	1	2	3	4	5	6	7	8	9	10
26. I can always take time out from my daily activities to go to the doctor for an epilepsy check-up.	0	1	2	3	4	5	6	7	8	9	10
*27. I can always avoid situations or activities that make my seizures worse.	0	1	2	3	4	5	6	7	8	9	10
28. I can always drive or get a ride to the doctor's office when I need to see him or her.	0	1	2	3	4	5	6	7	8	9	10
29. I can always get medical help when needed for my seizures.	0	1	2	3	4	5	6	7	8	9	10
30. I can always find ways to remember to take my seizure medication.	0	1	2	3	4	5	6	7	8	9	10
*31. I always carry personal identification in case I have a seizure.	0	1	2	3	4	5	6	7	8	9	10
32. I can always find a way to get seizure medication if I go out of town and forget mine.	0	1	2	3	4	5	6	7	8	9	10
33. I can always get my seizure medication refilled when I need to.	0	1	2	3	4	5	6	7	8	9	10

(*Items added for ESES 2000)