**Exercise Self-Efficacy Scale (ESES)**

 Please tell us how confident you are with regard to carrying out regular physical activities.

**I am confident…**

1. …that I could always overcome barriers and challenges with regard to exercise if I try hard enough.

|  |  |  |  |
| --- | --- | --- | --- |
| □ Not at all true  | □ Hardly True  | □ Moderately True  | □ Exactly True  |

2. …that I could find the means and ways to exercise and be physically active.

|  |  |  |  |
| --- | --- | --- | --- |
| □ Not at all true  | □ Hardly True  | □ Moderately True  | □ Exactly True  |

3. …that it is easy for me to accomplish my activity and exercise goals.

|  |  |  |  |
| --- | --- | --- | --- |
| □ Not at all true  | □ Hardly True  | □ Moderately True  | □ Exactly True  |

4. …that when I am confronted with a barrier to exercise I could usually find several solutions to overcome this barrier.

|  |  |  |  |
| --- | --- | --- | --- |
| □ Not at all true  | □ Hardly True  | □ Moderately True  | □ Exactly True  |

5. …I could exercise even when I am tired.

|  |  |  |  |
| --- | --- | --- | --- |
| □ Not at all true  | □ Hardly True  | □ Moderately True  | □ Exactly True  |

6. I could exercise even when I am feeling depressed.

|  |  |  |  |
| --- | --- | --- | --- |
| □ Not at all true  | □ Hardly True  | □ Moderately True  | □ Exactly True  |

7. …that I could exercise even without the support of my family or friends.

|  |  |  |  |
| --- | --- | --- | --- |
| □ Not at all true  | □ Hardly True  | □ Moderately True  | □ Exactly True  |

8. …that I could exercise without the help of an exercise therapist.

|  |  |  |  |
| --- | --- | --- | --- |
| □ Not at all true  | □ Hardly True  | □ Moderately True  | □ Exactly True  |

9. …that I could be physically active despite my multiple sclerosis

|  |  |  |  |
| --- | --- | --- | --- |
| □ Not at all true  | □ Hardly True  | □ Moderately True  | □ Exactly True  |

10. …that I could exercise even if I had no access to a gym or training facility.

|  |  |  |  |
| --- | --- | --- | --- |
| □ Not at all true  | □ Hardly True  | □ Moderately True  | □ Exactly True  |

**Reference:** Kroll, T., Kehn, M., Ho, P-S., Groah, S (2007). The SCI Exercise Self Efficacy Scale (ESES): Development and Psychometric Properties. *International Journal of* Behavioral Nutrition and Physical Activity; 4:34