

Personal and Professional Self-efficacy Scale

How confident are you that you can....		Not at all confident	A little confident; need more	Somewhat confident; ready to try	Confident; can likely use with little	Very confident; already using
PPSS 1	... eat nutritious food that promotes resilience?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PPSS 2	... get appropriate amount of sleep?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PPSS 3	... practice mind-body skills to promote resilience, effectiveness, and mindfulness?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PPSS 4	... get appropriate amount of exercise?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PPSS 5	... identify personal barriers and resources to changing your own behavior?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PPSS 6	... help patients identify barriers and resources to changing behavior?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PPSS 7	... counsel patients about using medications appropriately?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PPSS 8 counsel or coach patients about optimal diet and nutrition?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PPSS 9counsel or coach patients about sleep hygiene?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PPSS 10	... counsel or coach patients about exercise or physical activity to promote optimal health?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PPSS 11	... teach a mind-body skill to a patient or client?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PPSS 12	... experience and extend peace and good will to patients during a stressful encounter?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PPSS 13	... comfort and ease the suffering of a patient or client through your presence, words, or actions?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
PPSS 14	.. maintain a sense of peace and good will toward patients during clinical encounters?	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
		Not at all effective	A little effective	Somewhat effective	Moderately effective	Very effective
PPSS 15	Please rate your overall clinical effectiveness.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5

Scoring: Add the responses varying from 1-5 for all 15 items giving a range from 15-75.

Note that this scale is under development. Psychometric and normative data are not yet available.