Health Promotion Model - Instruments to Measure HPM Behavioral Determinants: Perceived Regulatory Self-Efficacy [Efficacy for Overcoming Barriers to Physical Activity] (Adolescent Version)

Pender, Nola J.; Garcia, Anne W.; Ronis, David L.

http://hdl.handle.net/2027.42/85342
Scoring Instructions for Self-Regulatory Efficacy

Score as follows:

Not at all true – 1
Not very true – 2
In-between – 3
Sort of true – 4
Very true – 5

Add the scores across all items and calculate mean self-regulatory score.