

EXERCISE SELF-EFFICACY SCALE

DIRECTIONS: A number of situations are described below that can make it hard to stick to exercise regularly (3 or more times a week). On the items below, please rate your confidence that you can perform exercise on a regular basis. Please rate your degree of confidence by recording in each of the blank spaces a number from 0 to 100 using the scale below.

0	10	20	30	40	50	60	70	80	90	100
Cannot do at all					Moderately certain	can do				Certain can do

(0-100)

1. When I am feeling tired. _____
2. When I am feeling under pressure from work. _____
3. During bad weather. _____
4. After recovering from an injury that caused me to stop exercising. _____
5. During or after experiencing personal problems. _____
6. When I am feeling depressed. _____
7. When I feeling anxious. _____
8. After recovering from an illness that caused me to stop exercising. _____
9. When I feel physical discomfort when I exercise. _____
10. After a vacation. _____
11. When I have too much work to do at home. _____
12. When visitors are present. _____
13. When there are other interesting things to do. _____
14. If I don't reach my exercise goals. _____
15. Without support from my family or friends. _____
16. During a vacation. _____
17. When I have other time commitments. _____
18. After experiencing family problems. _____

運動自信量表

說明：以下所描述的許多狀況可以使規律的運動（一星期三次或三次以上）變得困難，依據以下的題目，請估計您能執行規律運動的自信程度，使用以下的量表，請估計您的自信程度，從 0 到 100，並紀錄在空格中。

0	10	20	30	40	50	60	70	80	90	100
完全					中度					肯定
不能做					肯定能做					能做

- (0-100)
1. 當我覺得疲勞時 _____
 2. 當我覺得處於工作壓力時 _____
 3. 天氣不好時 _____
 4. 因受傷而使我停止運動復原後 _____
 5. 當經歷個人問題時或之後 _____
 6. 當我覺得沮喪時 _____
 7. 當我覺得焦慮時 _____
 8. 因疾病而使我停止運動復原後 _____
 9. 當我運動覺得身體不舒服時 _____
 10. 在假期後 _____
 11. 當我在家有太多工作去做時 _____
 12. 當有訪客來訪時 _____
 13. 當有其它有趣的事去做時 _____
 14. 假如我沒有達到我的運動目標 _____
 15. 沒有我的家人或朋友的支持 _____
 16. 在假期中 _____
 17. 當我有其他的時間約定時 _____
 18. 在經歷家庭問題後 _____