

**Definition**

The ‘Decision Self-Efficacy Scale’ measures self-confidence or belief in one’s abilities in decision making, including shared decision making.

**Sample Tool**

**My confidence in making an informed choice**

Below are listed some things involved in making an informed choice. Please show how confident you feel in doing these things by circling the number from 0 (not at all confident) to 4 (very confident) for each item listed below.

I feel **confident** that I can:

1.	Get the facts about the medication choices available to me	<b>not at all confident</b>	0	1	2	3	4	<b>very confident</b>
2.	Get the facts about the benefits of each choice	<b>not at all confident</b>	0	1	2	3	4	<b>very confident</b>
3.	Get the facts about the risks and side effects of each choice	<b>not at all confident</b>	0	1	2	3	4	<b>very confident</b>
4.	Understand the information enough to be able to make a choice	<b>not at all confident</b>	0	1	2	3	4	<b>very confident</b>
5.	Ask questions without feeling dumb	<b>not at all confident</b>	0	1	2	3	4	<b>very confident</b>
6.	Express my concerns about each choice	<b>not at all confident</b>	0	1	2	3	4	<b>very confident</b>
7.	Ask for advice	<b>not at all confident</b>	0	1	2	3	4	<b>very confident</b>
8.	Figure out the choice that best suits me	<b>not at all confident</b>	0	1	2	3	4	<b>very confident</b>
9.	Handle unwanted pressure from others in making my choice	<b>not at all confident</b>	0	1	2	3	4	<b>very confident</b>
10.	Let the clinic team know what’s best for me	<b>not at all confident</b>	0	1	2	3	4	<b>very confident</b>
11.	Delay my decision if I feel I need more time	<b>not at all confident</b>	0	1	2	3	4	<b>very confident</b>

Decision Self Efficacy Scale © AM O’Connor 1995

### ***Directions for Use***

In a short introductory statement, respondents are asked to reflect on how confident they feel in making an informed choice on a scale ranging from “Not at all confident” to “Very confident”. The scale can be used: a) over time; or b) before and/or after an intervention is provided.

### ***Scoring and Interpretation***

There are two versions of the Decision Self-Efficacy Scale, one with 5 response categories (see ‘Sample Tool’ above), and one with 3 response categories (see ‘Alternate Formats’).

To help others interpret the score more readily with scales ranging from 0 to 100, these scales can be converted to 0-100 scales.

#### **TOTAL SCORE**

For the original 5-point scale, items are: a) summed; b) divided by 11; and c) multiplied by 25. Scores range from 0 [not at all confident] to 100 [very confident].

A score of 0 means ‘extremely low self efficacy’ and a score of 100 means ‘extremely high self efficacy’.

### ***Psychometric Properties***

#### **Scale with 3 response categories**

The Alpha coefficients are 0.86 [1,2]

The scale discriminates between those who made and delayed decisions about schizophrenia [1].

The scale is correlated [2] with: decisional conflict ( $r=.55$ ), especially the sub-scales of feeling informed and supported; and knowledge ( $r=0.61$ ).

#### **Scale with 5 response categories**

The Alpha coefficient [3] is 0.92

The scale is correlated [3] with: decisional conflict subscales of feeling informed ( $r=0.47$ ) and supported ( $r=0.45$ )

### ***Clinical Applications***

The scale with 3 response categories has been used in a population of patients with schizophrenia [1] and osteoporosis [2].

The scale with 5 response categories is currently being used with women making decisions about osteoporosis treatment. [3]

### ***Alternate Formats of this tool***

#### **Modified 3 point Decisional Self-Efficacy Scale**

The following version of the Decision Self-Efficacy Scale was simplified for a population with Schizophrenia. This version of the scale might be suitable for a lower literacy population.

## User Manual - Decision Self-Efficacy Scale

### My confidence in making an informed choice

Below are listed some things involved in making an informed choice. Please show how confident you feel in doing these things by  checking one of the boxes for each item listed.

I feel **confident** that I can:

1. Get the facts about the medication choices available to me	4 A Lot Confident	2 A Little Confident	0 Not Confident
2. Get the facts about the benefits of each choice	4 A Lot Confident	2 A Little Confident	0 Not Confident
3. Get the facts about the risks and side effects of each choice	4 A Lot Confident	2 A Little Confident	0 Not Confident
4. Understand the information enough to be able to make a choice	4 A Lot Confident	2 A Little Confident	0 Not Confident
5. Ask questions without feeling dumb	4 A Lot Confident	2 A Little Confident	0 Not Confident
6. Express my concerns about each choice	4 A Lot Confident	2 A Little Confident	0 Not Confident
7. Ask for advice	4 A Lot Confident	2 A Little Confident	0 Not Confident
8. Figure out the choice that best suits me	4 A Lot Confident	2 A Little Confident	0 Not Confident
9. Handle unwanted pressure from others in making my choice	4 A Lot Confident	2 A Little Confident	0 Not Confident
10. Let the clinic team know what's best for me	4 A Lot Confident	2 A Little Confident	0 Not Confident
11. Delay my decision if I feel I need more time	4 A Lot Confident	2 A Little Confident	0 Not Confident

Decision Self Efficacy Scale © AM O'Connor 1995

### **Scoring and Interpretation**

For the 3-point scale, items are given a score value of:

4 = 'A Lot Confident'. 2 = 'A Little Confident'; 0 = 'Not Confident'

#### TOTAL SCORE

11 items are: a) summed; b) divided by 11; and c) multiplied by 25.

Scores range from 0 [not confident] to 100 [extremely confident].

### **Availability**

These tools are available in other languages as [listed here](#). They are protected by copyright but are freely available for you to use, provided you cite the reference in any questionnaires or publications. We would appreciate receiving a copy of any documents developed using this tool.

For further information or to send us documents you develop, please e-mail the Ottawa Health Decision Centre ([ohdec@ohri.ca](mailto:ohdec@ohri.ca)).

### **References**

1. Bunn H, O'Connor A. Validation of client decision-making instruments in the context of psychiatry. *Canadian Journal of Nursing Research* 1996; **28**: 13-27.
2. Cranney A, O'Connor AM, Jacobsen MJ, Tugwell P, Adachi JD, Ooi DS, Waldegger L, Goldstein R, Wells GA. Development and pilot testing of a decision aid for postmenopausal women with osteoporosis. *Patient Education and Counseling* 2002; **47**: 245-255.
3. Cranney A, Tugwell P, O'Connor AM, Wells G, Adachi MD, Jolly E, et al. A randomized controlled trial evaluating the impact of a decision aid for individuals with osteoporosis. (In progress).