

[RESEARCH REPORT]

APPENDIX

SELF-EFFICACY FOR HOME EXERCISE PROGRAMS SCALE

Please circle your level of confidence in completing your prescribed exercises at home.

How confident are you that you could perform the prescribed exercises correctly...		Not Confident			Somewhat Confident			Very Confident	
...as often as prescribed by your clinician?	NA	0	1	2	3	4	5	6	
...when you are bored by the program?	NA	0	1	2	3	4	5	6	
...when you feel pain when exercising?	NA	0	1	2	3	4	5	6	
...when you have to exercise alone?	NA	0	1	2	3	4	5	6	
...when you do not enjoy it?	NA	0	1	2	3	4	5	6	
...when you are given written exercise instruction?	NA	0	1	2	3	4	5	6	
...when you are too busy with other activities?	NA	0	1	2	3	4	5	6	
...when you are given video exercise instruction?	NA	0	1	2	3	4	5	6	
...when you feel tired?	NA	0	1	2	3	4	5	6	
...when you feel stressed?	NA	0	1	2	3	4	5	6	
...when you feel depressed?	NA	0	1	2	3	4	5	6	
...when you do not have supervision or clinician feedback?	NA	0	1	2	3	4	5	6	

Abbreviation: NA, not applicable.