

Emotional Self-Efficacy

Definition

Emotional self-efficacy can be defined as one's belief that they can manage negative emotional states when faced with adversity or during frustrating events to overcome emotions such as anger as well as believing one is capable to adequately express positive emotions such as joy during pleasant events (Bandura, Caprara, Barbaranelli, Gerbino, & Pastorelli, 2003). Possessing a strong sense of emotional self-efficacy has been linked to low levels of externalizing and fewer psychopathological problems (Eisenberg, Fabes, Guthrie, & Reiser, 2000) and low levels of internalizing problems (Eisenberg et al., 2001; Garnefski, Teerds, Kraaij, Legerstee & Van Den Kommer, 2004.). Having a strong sense of emotional self-efficacy has also been linked to fewer symptoms of anxiety, worry, and depression (Muris, 2002; Tahmassian & Moghadam, 2011).

Special Note

It should be noted that this scale is not an indication of whether the respondent has engaged in the scenarios in each question, but rather their own *belief* to do so.

Related Indicators

- Self-Concept
- Individual Self-Esteem
- Collective Self-Esteem
- Social Competence
- Academic Self-Efficacy
- Social Self-Efficacy
- Resilience

Self-Efficacy Questionnaire for Children (SEQ-C)

Please circle the answer that best shows how well you can do each of the following on the continuum from:

1 = Not at All to 5 = Very Well:

1.	How well do you succeed in cheering yourself up when an unpleasant event has happened?	Not At All 1	2	3	4	Very Well 5
2.	How well do you succeed in becoming calm again when you are very scared?	Not At All 1	2	3	4	Very Well 5
3.	How well can you prevent becoming nervous?	Not At All 1	2	3	4	Very Well 5
4.	How well can you control your feelings?	Not At All 1	2	3	4	Very Well 5
5.	How well can you give yourself a pep talk when you are feeling low?	Not At All 1	2	3	4	Very Well 5
6.	How well can you tell a friend that you don't feel well?	Not At All 1	2	3	4	Very Well 5
7.	How well do you succeed in suppressing unpleasant thoughts?	Not At All 1	2	3	4	Very Well 5
8.	How well do you succeed in not worrying about things that might happen?	Not At All 1	2	3	4	Very Well 5

Source: Muris, 2001.