



RRTC-EBP VR

Rehabilitation Research & Training Center
for Evidence Based Practice in Vocational Rehabilitation



Research Summary

research2vrpractice.org

Using the Moorong Self-Efficacy Scale to Assist People with Spinal Cord Injuries

Individuals with spinal cord injuries (SCI) may experience functional limitations and societal barriers that affect their belief in their ability to perform daily activities and achieve goals. This belief, known as self-efficacy, helps individuals select goals and persist in attaining them. People with high self-efficacy tend to persevere in challenging circumstances, and people with low levels of self-efficacy are less likely to strive to overcome obstacles. In persons with SCI, low levels of self-efficacy may be associated with depression and high levels of self-efficacy may be associated with psychological well-being, overall subjective well-being, and social support.

Results

This study provided support for the use of *Moorong Self-Efficacy Scale* as an assessment tool for people with SCI.

Interventions

To assist individuals with SCI develop a plan of action to overcome barriers, consider using the Moorong Self-Efficacy Scale. Consideration of questions related to interpersonal, instrumental, and participation self-efficacy may be particularly useful:

Interpersonal Self-Efficacy

- I can maintain contact with people who are important to me
- I can find hobbies and leisure pursuits that interest me.
- I can enjoy spending time with my friends.
- I can maintain relationships with my family.

Instrumental Self-Efficacy

- I can maintain my personal hygiene with or without help.
- I can avoid having bowel accidents.
- I can participate as an active member of the household.
- I can get out of my house whenever I need to.

Participation Self-Efficacy

- I can imagine being able to work at some time in the future.
- I can accomplish most things I set out to do.
- When trying to learn something new, I will persist until I am successful.
- I can imagine having a fulfilling lifestyle in the future.
- I can have a satisfying sexual relationship.
- I can maintain good health and well-being.



Bottom Line

Assessing and addressing self-efficacy as a rehabilitation intervention may positively impact individuals' overall psychosocial adjustment and result in improved employment outcomes for persons with SCI. This study provided support for the use of *Moorong Self-Efficacy Scale* as an assessment tool for people with SCI.

Read More

Brooks, J., Smedema, S.M., Tue, W.M., Eagle, D., Catalano, D., & Chan, F. (2014). Psychometric validation of the *Moorong Self-Efficacy Scale* in people with spinal cord injury: A brief report. *Rehabilitation Counseling Bulletin*, 57(3).

Rate the Research

Please visit our website to [rate this research article](#).