



Self-efficacy and the Role of the RN

AZ ARN May 18th, 2023
Nicole Link, M.A. CCC-SLP

1

Disclaimer and Conflict of Interest:

The information in this presentation is not intended as medical advice. It is intended as a sharing of knowledge and information from the research of Nicole Link.

Nicole Link does not have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

2

Objectives

- Upon completion, participant will be able to describe the differences and similarities between motivation and self-efficacy and how they relate to nursing care.
- Upon completion, participant will be able to list simple, actionable self-efficacy strategies to implement with their patients.
- Upon completion, participant will be able to list simple, actionable strategies to increase their own work-related self-efficacy.
- Upon completion, participant will be able to articulate the importance of self-efficacy in the recovery process and management of chronic diseases.

3

**Believe you can.
Believe you can't.
Either way, you
are right.**

-Henry Ford



4

What is Motivation?

The reason(s) one has for acting or behaving in a certain way.

Extrinsic Motivation

- External influence that impels people to act in certain ways
- May include rewards, promotions and prizes

Intrinsic Motivation

- Internal motivation
- Believed to occur as a result of actions aligning with values or pleasure for doing a task

5

What is Motivation?

- When an individual is highly motivated to succeed, they are likelier to achieve whatever goal they set for themselves
- Motivation can predict progress up to 50% in an outpatient setting



6

Motivational Theories

Self-Determination Theory

- Meeting psychological needs, individual competence, supporting autonomy.

Theory of Planned Behavior

- Attitudes toward behavior, subjective norms, perceived behavioral component

Goal Oriented Theory

- The reason why someone engages in a goal

7

Motivational Theories

Motivational Interviewing

- persons readiness to change and helps them discuss change, work through ambivalence to change

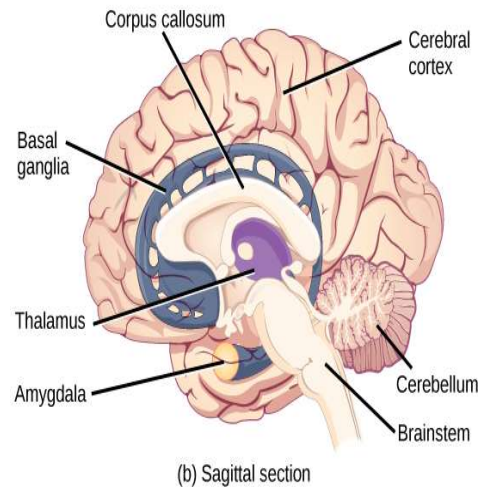
Trans-theoretical Model

- assesses an individuals readiness to act on a new healthier behavior and provides strategies or processes of change to guide that individual

8

The Brain and Motivation

- The brainstem
- The limbic System
- The cortex
- The prefrontal cortex



Mount Carmel Rehabilitation Hospital, an affiliate of Encompass Health | Confidential information

9

9

What is Self-Efficacy (SE)?

- The belief in yourself
- When individuals feel their actions can influence the outcome of a given situation...

They feel much better about themselves

They feel that they have the sense of power and control over what happens in the world

They don't float hopelessly from one activity to another

They act, think and feel differently

Mount Carmel Rehabilitation Hospital, an affiliate of Encompass Health | Confidential information

10

10

High vs. Low Self-Efficacy

High (Strong) Self-Efficacy:

- Promotes accomplishments
- Enhances personal well being
- View challenges as things to be mastered vs. threats to avoid
- Able to recover quickly from setbacks
- Stronger sense of commitment to goal
- Develop deeper interest in activities
- Growth mindset

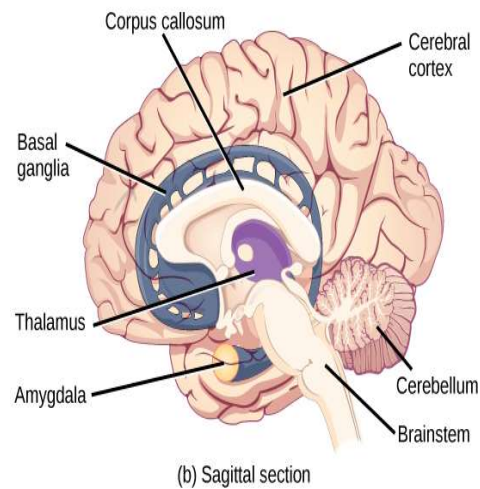
Low (Weak) Self-Efficacy:

- Avoid challenges
- Believe difficult tasks and situations are beyond their capabilities
- Focus on personal failings and negative outcomes
- Quickly lose confidence in their abilities
- Fixed mindset

11

The Brain and Self-Efficacy

- Frontal Cortex
 - Medial Prefrontal Cortex
 - Orbitofrontal Cortex
 - Anterior Cingulate Cortex
- Temporo-parietal junction
- Limbic system
 - Hippocampus
 - Thalamus
 - Basal Ganglia



12

Why is SE Important in the Medical Setting?

SE can influence recovery immediately following...

- Stroke
- Cardiac event
- Hip fracture
- Brain injury
- Breast Cancer
- COPD

- Sickle cell disease
- Asthma
- Inflammatory bowel disease
- Cancer

It also has influence over...

- Satisfaction with nursing career

13

Stroke and Self-Efficacy

- Long term recovery
- Post stroke depression
- Negative emotions
- Frustration
- Reduced Motivation
- Stages of recovery



14

Positive Effects of Self-Efficacy

Self efficacy is positively linked to...

- Better mobility
- Greater independence in daily living activities
- Better quality of life
- Reduced symptoms with chronic medical conditions
- Better at coping with negative consequences of disease and treatment
- Overcoming negative thoughts
- Higher level of well-being
- More confidence
- Higher self-goals and stronger commitment to achieving them
- More effective solutions and strategies to be applied in the recovery process
- Negatively linked to depression

15

SE and Cardiac Disease

- Self efficacy expectations have consistently been related to recovery of functional abilities in older adults with cardiac disease.
- In a group of 198 older adults with Coronary artery disease, self efficacy expectations significantly predicted physical function
- For older adults undergoing CABG, self-efficacy expectations were the best predictors of walking and activity



16

SE and Long Term Care

- Self-efficacy and life satisfaction positively influenced adaptation to a nursing facility
- Nursing interventions to improve self-efficacy and life satisfaction led to decrease depression in order adult residents
- SE interventions are needed to help those older adults adapt to life



17

Diabetes and SE

A diabetes study reported diabetes management self-efficacy as the only predictor of diabetes control.

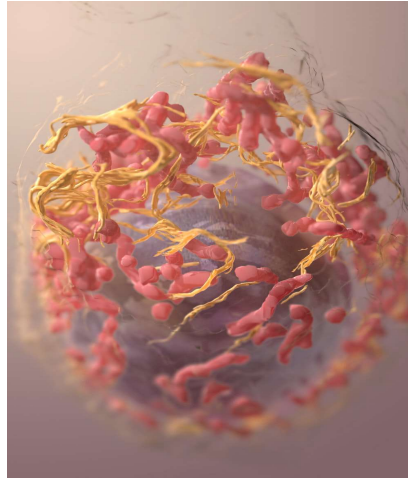


18

Cancer and SE

Self-efficacy and social support directly and indirectly affected self-management behaviors in...

1. Patient communication
 - Communicating concerns
 - Asking questions
 - Expressing treatment expectations
2. Exercise
3. Information seeking



19

Hip Fractures and SE

Results showed that patients with higher self-efficacy scores had a greater likelihood of locomotion recovery, controlling for pre-fracture locomotion function level.

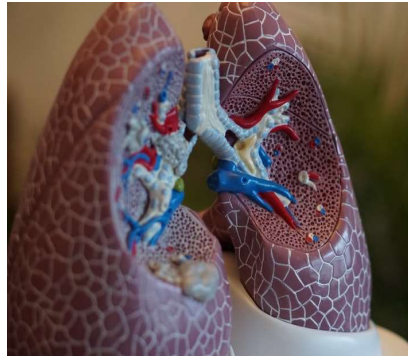
- This positive association between rehabilitation therapy self-efficacy and likelihood of locomotion recovery persisted after adding depressive symptoms.



20

Self-Efficacy and COPD

- Status of ADL's was more strongly related to self-efficacy in managing functional activities than FEV (physiological measure of lung volume).
- SE explained more about physical functioning in patients with COPD or congestive heart failure than diagnosis or illness severity.



21

Multiple Sclerosis and SE

Increased self efficacy has been linked to....

- Enhanced quality of life
- Enhanced perceived health status
- Positive adjustment to disease
- Increased motivation and engagement in meaningful activities



22

Self-Efficacy and Breast Cancer

- Falls in older breast cancer survivors are the leading cause of life threatening injury and often result in hospitalization, disability or death
- Falls contribute to a range of psychological issues, including fear of falling and loss of balance related confidence
- Evaluation of falls related self-efficacy in this population is important
- Balance confidence and fear of falling avoidance behaviors are better predictor of falls than physical measures.



Mount Carmel Rehabilitation Hospital, an affiliate of Encompass Health | Confidential information

23

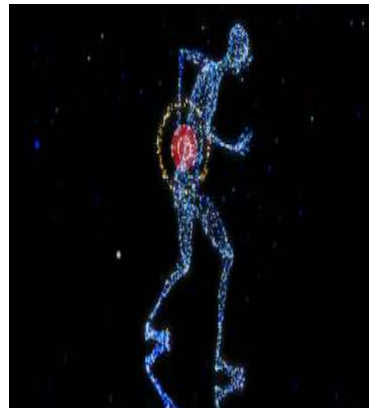
23

Chronic pain and SE

The individual's beliefs in his or her ability to control and manage pain is positively related to...

- Improved physical function
- Increased activity levels
- Lower levels of disability
- Lower pain intensity
- Greater pain tolerance

Emphasis placed on the relation between greater self-efficacy and a predominance of pain-coping skills.



Mount Carmel Rehabilitation Hospital, an affiliate of Encompass Health | Confidential information

24

24

Self-Efficacy and Caregiving

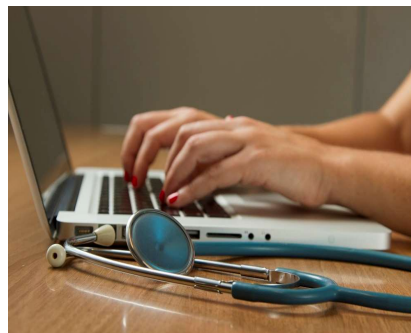
Interventions focusing on caregivers self-efficacy showed improvements in...

- Managing patient's symptoms
- Reducing caregiver stress
- Increasing preparedness in caregiving.



25

Routine self-efficacy assessment on admission to rehabilitation unit may be even more important than assessment of level of depression.



26

General Self-Efficacy Scale

General Self-Efficacy Scale (GSE)

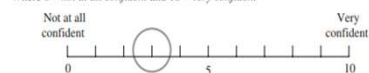
	Not at all true	Hardly true	Moderately true	Exactly true
1. I can always manage to solve difficult problems if I try hard enough	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. If someone opposes me, I can find the means and ways to get what I want.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. It is easy for me to stick to my aims and accomplish my goals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I am confident that I could deal efficiently with unexpected events.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. Thanks to my resourcefulness, I know how to handle unforeseen situations.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I can solve most problems if I invest the necessary effort.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I can remain calm when facing difficulties because I can rely on my coping abilities.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. When I am confronted with a problem, I can usually find several solutions.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. If I am in trouble, I can usually think of a solution	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I can usually handle whatever comes my way.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, *Measures in health psychology: A user's portfolio. Causal and control beliefs* (pp. 35-37). Windsor, UK: NFER-NELSON.

27

The STROKE SELF-EFFICACY QUESTIONNAIRE

These questions are about your confidence that you can do some tasks that may have been difficult for you since your stroke.
For each of the following tasks, please circle a point on the scale that shows how confident you are that you can do the tasks now, in spite of your stroke. Where 0 = not at all confident and 10 = very confident



How **Confident** are you **now** that you can

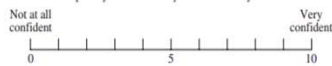
1. Get yourself comfortable in bed every night



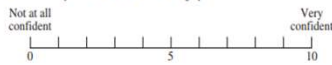
2. Get yourself out of bed on your own even when you feel tired



3. Walk a few steps on your own on any surface inside your house.



4. Walk about your house to do most things you want.



5. Walk safely outside on your own on any surface.



6. Use both your hands for eating your food.



7. Dress and undress yourself even when you feel tired.



8. Prepare a meal you would like for yourself.



9. Persevere to make progress from your stroke after discharge from therapy.



10. Do your own exercise programme every day.



11. Cope with the frustration of not being able to do some things because of your stroke.



12. Continue to do most of the things you liked to do before your stroke.



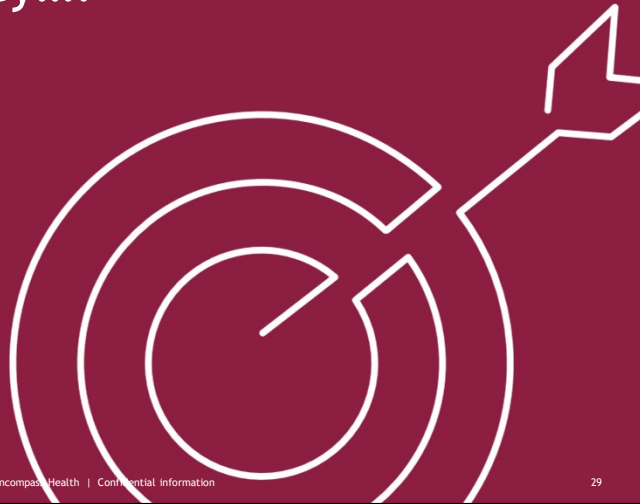
13. Keep getting faster at the tasks that have been slow since your stroke.



Jones, Fiona. The Stroke Self-Efficacy Questionnaire: Measuring Individual Confidence in Functional Performance After Stroke. *Journal Compilation 2008*
<https://core.ac.uk/download/pdf/10624627.pdf>

28

How to improve patient Self Efficacy....



Mount Carmel Rehabilitation Hospital, an affiliate of Encompass Health | Confidential information

29

29

Barriers to SE in Healthcare

Health literacy

- Passive educational support does not work
- Overwhelm
- Pertinent for providers to understand needs of patient individually

Access

- Gaining access to healthcare system
- Location
- Provider who can easily communicate with and trust

Support

- Lack of formal (HCO) and informal (peer and family)



Mount Carmel Rehabilitation Hospital, an affiliate of Encompass Health | Confidential information

30

30

Tips for Addressing Motivation

- Consider the patients cognitive abilities, traumatic events, depression at baseline, social issues
- Truth tellers
- Changing our own behavior
 - Mirror neuros
- Concept of difficult knowledge



31

Providing continuous daily care gives nurses excellent opportunity to adopt and use self-efficacy in the care and rehabilitation of patients in a variety care facilities, such as hospitals, nursing homes, rehab centers and community home care.

32

Self Management and SE

Self-management refers to an individual's ability to manage the symptoms, medication, physical and psychosocial consequences and lifestyle changes inherent in living with a chronic condition.

Components of a self-management intervention may include

- Problem solving
- Goal setting
- Decision making
- Self-monitoring
- Support
- Empowerment
- Coaching
- coping techniques
- interventions that maintain or improve physical and psychological functioning.

Self-management provides patients with knowledge and skills that increase confidence, self-efficacy, and motivation to actively manage their ongoing recovery and rehabilitation

33

Patient engagement

Increasing Patient Engagement (PE) is viewed as critical to improving outcomes and lowering health care costs.



Precursors to engagement:

- Self-efficacy
- Resources
- Willingness
- Capability

Recommendations include:

- Fostering self-efficacy by making sure the patient has all the information and support necessary to feel confident in taking part in their care
- Patient self-efficacy can also be bolstered by offering self-management programs

(Sieck, Cynthia J.; 2023)

34

Tips for Improving Self-Efficacy in Patient Populations

Focus on...

- self-management
- Individualized patient care and goals
- Therapeutic connections
- Knowledge is power
- Feedback and achievement
- Personalized approach

Keys to self-efficacy



35

Performance Outcomes

1

Repeatedly performing tasks until mastered.

2

Performance includes functional and cognitive activities.

3

Mastery experiences build coping skills and exercise control over potential threats.

36

Vicarious Experiences/Role Modeling

1

Partner with others in similar physical condition throughout the rehabilitation process

2

Expose patients to a videotape/you-tube/testimonial that focuses on positive role models that focus on...

- Ability to participate in the rehabilitation process
- Progression from dependence to independence

37

Verbal Persuasion

1

Establish realistic short and long term goal

- Review these goals regularly
- Discuss progress towards stated goals
- Give reinforcement for achievements

2

Positive feedback and self-talk

3

Influencing patient to believe in the capabilities to achieve a goal

38

Goal Setting

Goal setting positively impacts...

- Effective communication
- Patient centered plans
- Linking purpose of treatment to personal goals
- Noticeable progress forward
- Support and encouragement
- Adequate resources and education for patients and families



39

Individualized Care

1

Get to know the individual

- Demonstrate caring by providing special care interventions i.e. scheduling tasks at time that is convenient for the individual

2

Share your joy and excitement as patients functional ability improves

3

Use humor and kindness

40

Individualized Care

Key component in the recovery process that allows for the therapeutic relationship to occur between patient and nurse.

Nurses can

- Coach
- Encourage
- Help patient to adjust to daily life

Knowledge of known barriers and facilitators can lead to development of targeted interventions for increased engagement and improved patient outcomes

41

Social Supports

1

Use social supports as allies

- Help encourage the patient to perform functional activities and participate in rehabilitation

2

Use social supports as source of rewards

42

Physiological feedback:

1

Assess impact of pain, discomfort, fatigue and fears on patient's willingness and ability to perform functional activities

2

Interpreting inferences from physiological and psychological states indicative of personal strengths and vulnerabilities to reach goals.

2a

Techniques include:

- Exploring thoughts and feelings
- Helping patients to develop more realistic attitudes towards their current level of ability
- Encourage patients to experiment with new attitudes and thoughts in stressful situations
- Use relaxation and distraction techniques
- Encourage and empower patients to request and use interventions to decrease pain (meds/ice/heat)

43

The Art of Active Listening and Humble Inquiry

Active Listening:

- Reflective listening
- Try to understand what that person is facing
- Non-verbal:
 - Eye contact
 - Nodding
 - Leaning forward
- Verbal affirmations
- Asking open ended questions

Bad Listening:

- Interrupting
- Responding vaguely or illogically to what was just said
- Looking at your phone, watch or otherwise away from the speaker
- Fidgeting (clicking a pen, frequently shifting positions)

44

How to improve Self-Efficacy

Language has a profound impact on your brain. Whatever you repeat often enough, will eventually become your truth

- Negative words mobilize the fear center of the brain
 - Increasing anxiety and fear
- Positive words activate the rationale brain
 - Greater sense of well being



45

Optimism and Positivity

Optimism is a wise and sophisticated positivity about the future, based on past successes



46

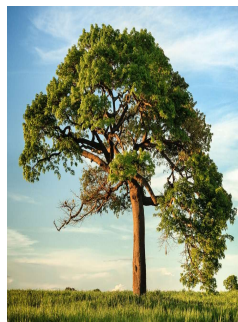
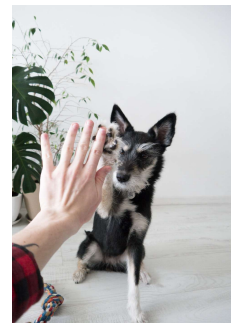
Optimism and Positivity

Why	Optimism	Is	Important
Review of 83 optimism studies found that optimism can predict 17% of physical health	Boost happiness and motivate you to achieve your goals	Hopeful, positive outlook on the future, allowing for more resiliency and inner strength	Reduced stress, better psychological well being and better coping skills

47

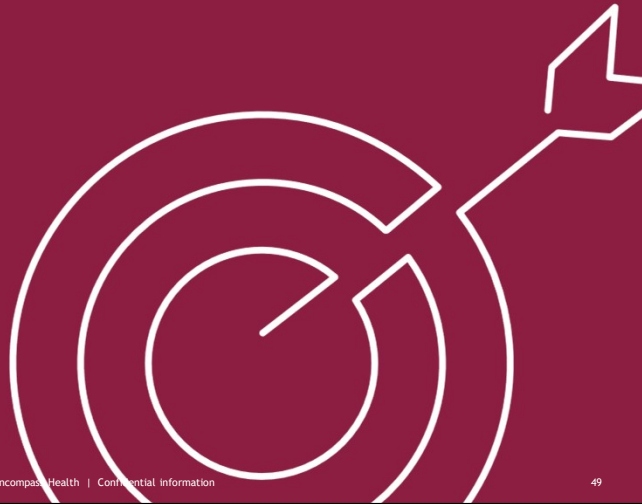
Other Ideas

- Celebrate the small stuff
- Reflecting
- Nature
- The “high five”
- Mindfulness
- Gratitude
- Journaling
- Positive self-talk



48

SE and Nursing....



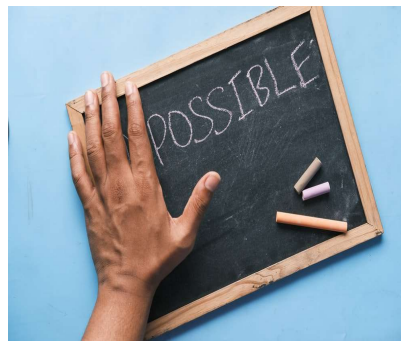
Mount Carmel Rehabilitation Hospital, an affiliate of Encompass Health | Confidential information

49

49

SE and Nursing

In nursing education, self-efficacy plays a vital role in enhancing nurses' competence, motivation and clinical performance, which influences job satisfaction and quality of patient care provided.



Mount Carmel Rehabilitation Hospital, an affiliate of Encompass Health | Confidential information

50

50

SE and Nursing (continued)

High Nursing Self-Efficacy

- positively correlated with professional autonomy and empowerment.
- main factor involved in nurses' functioning, which is positively correlated with nurses' performance
- protective factor to adjust depression symptoms among nurses
- better ability to strike a balance between their work and personal needs.
- set challenging goals,
- invest much effort into achieving their goals
- Improved job performances
- plays a critical role in the practice of nursing and professional development

51

SE and Nursing (continued)

Low Nursing Self-Efficacy

- Plays a key role in depression, anxiety, stress, and other emotional states
- Reduced abilities to show all capabilities at workplace
- negative attitude toward themselves and their job
- reduce their interests in job and satisfaction with work
- Reduced general health
- May affect the dimension of achievement motivation in difficult situations
- More likely to face problems in conducting specific activities

52

Evidence-Based Nursing Practice Self-Efficacy Scale

10. Modify nursing interventions recommended for my patient population based on characteristics of the specific unit in which I work. _____ %
11. Routinely evaluate the research literature and other sources of evidence related to nursing interventions for my specialty population and practice. _____ %
12. Routinely implement nursing interventions that are supported by evidence (research and other sources such as practice guidelines) for my patient population and practice. _____ %
13. Modify nursing interventions I routinely implement based on what I learn about my patient's preferences. _____ %
14. Routinely modify nursing interventions based on outcomes and goals. _____ %
15. Routinely evaluate the effectiveness of nursing interventions using measurable outcomes. _____ %
16. Obtain proper training and education to be able to effectively implement an evidence-based nursing intervention or practice. _____ %
17. Implement an evidence-based nursing intervention individualized to my patient/family situation without losing the fidelity of the intervention (i.e., delivering as it was intended to be delivered). _____ %

55

Improving Nursing SE

- Offer regular trainings and practical courses to better manage stress
- Encourage higher level managers to create friendly, supportive and collaborative environments
- Avoid intensive and unstandardized work shifts
- Pay more attention to the improvements of nurses health and wellness
- Improve recreational mechanisms for nurses
- Create leisure activities
- Allow regular leaves of absence
- Emphasize importance of regular physical exercise (at least 3 hours a week)
- Respect autonomous decision-making at work
- Positive feedback
- Utilize keys to self-efficacy

56

How to Improve Personal SE

- Set goals above abilities
- Simplify goals into small pieces
- The big picture should be main focus
- Obstacles have to be reframed
- Take over the control of your life
- Work on communication skills



57

REFERENCES

- Aben, Laurien, MSc 1, 2, Heijenbrok-Kal, Majanka, et al. Long-Lasting Effects of a New Memory Self-efficacy Training for Stroke Patients: A Randomized Controlled Trial. *Neurorehabilitation neural repair*. 2014;28(3):199-206. doi:10.1177/1545968313478487.
- Amer FA, Mohamed MS, Elbur AI, Abdelaziz SI, Elrayah ZA. Influence of self-efficacy management on adherence to self-care activities and treatment outcome among diabetes mellitus type 2. *Pharm Pract (Granada)*. 2018 Oct-Dec;16(4):1274.
- Blackwood, Jennifer., Rybicki, Kateri. Balance Confidence and Falls Self-Efficacy in Older Breast Cancer Survivors. *Rehabilitation Nursing*. Issue: Volume 46 (3), May/June 2021, p. 146-154
- Chang, Ae-Kyung, Park, James., Sok, Sohyune. Relationships Among Self-Efficacy, Depression, Life Satisfaction and Adaptation Among Older Korean Adults Residing in For-Profit Professional Nursing Facilities". *Journal of Nursing Research*. Issue: Volume 21 (3), September 2013, p. 162-169
- Cheng, Linan PhD; Chen, Qian PhD; Zhang, Fengying PhD. Mediating effects of meaning in life on the relationship between general self-efficacy and nursing professional commitment in nursing students: A structural equation modeling approach. *Medicine*. Issue: Volume 100(29), 23 July 2021, p e26754. DOI: 10.1097/MD.00000000000026754
- Cheong, M., Jean, B., Noh, S. A protocol for systematic review and meta-analysis on psychosocial factors related to rehabilitation motivation of stroke patients. December 2020 *Medicine* 99(52):e23727.
- Colaw, Samantha, Petrucelli, Gabrielle, MS, OTR, L, BCPR. The Impact of Academic Self-Efficacy on the Occupation of Education in College Athletes Who Experience Concussion. *Am J Occup Ther*. 2020;74(4):74115052321. doi:10.5014/ajot.2020.7451-PO9026.
- Dadipoor, S., Alavi, A., Ghaffari, M. et al. Association between self-efficacy and general health: a cross-sectional study of the nursing population. *BMC Nurs* 20, 49 (2021).
- FORTINSKY, RICHARD, BOHANNON, RICHARD, LITT, MARK, et al. Rehabilitation therapy self-efficacy and functional recovery after hip fracture. *Int J Rehabil Res*. 2002;25(3):241-246.
- Guccione, Andrew, PhD, DPT, PT, FAPTA. Resilience and Self-efficacy As Mediators of Quality of Life in Geriatric Rehabilitation. *TOP. GERIATR. REHABIL.* 2014;30(3):164-169. doi:10.1097/TGR.0000000000000022.
- Havyer RD, van Ryn M, Wilson PM, Griffin JM. The effect of routine training on the self-efficacy of informal caregivers of colorectal cancer patients. *Support Care Cancer*. 2017 Apr;25(4):1071-1077. doi: 10.1007/s00520-016-3494-6.
- Hill, Terry, DNP, RN, CEN, CNE, et al. A Unique Strategy to Address Nurse Leader Fatigue. *J Nurs Adm*. 2020;50(2):66-71. doi:10.1097/NNA.0000000000000844.
- Hoffman AJ. Enhancing self-efficacy for optimized patient outcomes through the theory of symptom self-management. *Cancer Nurs*. 2013;36(1):E16-E26. doi:10.1097/NCC.0b013e31824a730a
- Farkey, H. **Promoting self-efficacy in patients with chronic disease beyond traditional education: A literature review**. *Nursing Open*. Volume 7, Issue 1 January 2022
- Jones, Fiona. The Stroke Self-Efficacy Questionnaire: Measuring Individual Confidence in Functional Performance After Stroke. *Journal Compilation 2008*. <https://core.ac.uk/download/pdf/10624627.pdf>

58

REFERENCES (Cont'd)

- Kalina, Tamar, Hinojosa, Jim, Strober, Lauren, Bacon, Joshua, Donnelly, Seamus, Goverover, Yael. Randomized Controlled Trial to Improve Self-Efficacy in People With Multiple Sclerosis: The Community Reintegration for Socially Isolated Patients (CRISP) Program. *Am J Occup Ther.* 2018;72(5):1-8. doi:10.5014/ajot.2018.026864
- Kalandyk H., et al. Nurses' generalized self-efficacy in relation to their workplace. *Prog Health Sci* 2016, Vol 6, No 2
- KIM, Seon, KIM, Ju, KWAK, Jung. Psychometric Properties of the Korean Version of the Nursing Profession Self-Efficacy Scale. *J Nurs Res.* 2022;30(2):e197. doi:10.1097/jnr.0000000000000481.
- Korpershoek C, van der Bijl J, Hafsteinsdóttir TB. Self-efficacy and its influence on recovery of patients with stroke: a systematic review. *J Adv Nurs.* 2011 Sep;67(9):1876-94. doi: 10.1111/j.1365-2648.2011.05659.x. Epub 2011 Jun 7. PMID: 21645040.
- Lim S, Song Y, Nam Y, Lee Y, Kim D. Moderating Effect of Burnout on the Relationship between Self-Efficacy and Job Performance among Psychiatric Nurses for COVID-19 in National Hospitals. *Medicina.* 2022; 58(2):171. <https://doi.org/10.3390/medicina58020171>
- McAuley, E. (1993). Self-efficacy and the maintenance of exercise participation in older adults. *Journal of Behavioral Medicine*, 16, 103-113. [McAuley, E \(illinois.edu\)](https://doi.org/10.1007/BF01531888)
- Murphy, Kate. *You're Not Listening: What You're Missing and Why it Matters*™. First Edition. New York: Celadon Books, 2020.
- Nott, M., Wiseman, L., Seymour, T., Pike, S., Cuming, T., & Wall, G. (2021). Stroke self-management and the role of self-efficacy. *Disability and Rehabilitation*, 43(10), 1410-1419.
- Oh, Jin-a., Cho, Haeryun., Kim, Yae Young., So Yeon Yoo. Validation of the Korean Version of the Nursing Profession Self-Efficacy Scale: A Methodological Study. *International Journal of Environmental Research and Public Health*, 2021, Volume18, 1080.
- Philip L Ritter, PhD, Khushboo Sheth, MD, Anita L Stewart, PhD, Dolores Gallagher-Thompson, PhD, Kate Lorig, DrPH. Development and Evaluation of the Eight-Item Caregiver Self-Efficacy Scale (CSES-8), *The Gerontologist*, Volume 62, Issue 3, April 2022, Pages e140-e149, <https://doi.org/10.1093/geront/gnaa174>
- Picha, K et al., The Self-Efficacy for Home Exercise Programs Scale: Development and Psychometric Properties. *Journal of Orthopaedic & Sports Physical Therapy* Volume 49, Issue 9 September 2019
- Redmond, Brian F. Self-efficacy and Social Cognitive Theories. 7. *Self-Efficacy and Social Cognitive Theories - PSYCH 484: Work Attitudes and Job Motivation - Confluence (psu.edu)* <https://wikispaces.psu.edu/display/PSYCH484/7.+Self-Efficacy+and+Social+Cognitive+Theories>
- Resnick, Barbara, PhD, CRNP. The Impact of Self-Efficacy and Outcome Expectations on Functional Status in Older Adults. *TOP. GERIATR. REHABIL.* 2002;17(4):1-10. Cited in:
- Robbins, Mel. *The High 5 Habit: Take Control of Your Life with One Simple Habit.* Hay House Inc. September 28, 2021. Hay House Inc.
- Robinson-Smith G, Johnston MV, Allen J. Self-care self-efficacy, quality of life, and depression after stroke. *Arch Phys Med Rehabil.* 2000 Apr;81(4):460-4. doi: 10.1053/mr.2000.3863. PMID: 10768536.

59

REFERENCES (Cont'd)

- Rodriguez, R et al. Effects on self-efficacy for managing chronic pain and fatigue of rheumatoid arthritis following a group educational programme (based) on occupational therapy. *International Physical Medicine & Rehabilitation Journal.* August 31, 2018. Volume 3 Issue 5.
- Rogoska, A. et al. The mediating effect of self-efficacy on the relationship between health locus of control and life satisfaction: A moderator role of movement disability. *Disability and Health Journal.* Volume 13, Issue 4, October 2020.
- Schwarzer, R., & Jerusalem, M. (1995). Generalized Self-Efficacy scale. In J. Weinman, S. Wright, & M. Johnston, Measures in health psychology: A user's portfolio. Causal and control beliefs (pp. 35-37). Windsor, UK: NFER-NELSON.
- Shorey S., Lopez V. (2021) Self-Efficacy in a Nursing Context. In: Haugan G., Eriksson M. (eds) *Health Promotion in Health Care - Vital Theories and Research.* Springer, Cham. https://doi.org/10.1007/978-3-030-63135-2_12
- Siegal, Daniel MD. *Mindsight. The New Science of Personal Transformation.* Bantam Books Trade Paperbacks. New York. Copyright 2010 by Mind Your Brain, Inc.
- Sieck, Cynthia J.; Hefner, Jennifer L.; Walker, Daniel M.; Kurien, Natasha; Phelps, Lauren; McAlearney, Ann Scheck. The role of health care organizations in patient engagement: Mechanisms to support a strong relationship between patients and clinicians. *Health Care Management Review* 48(1):p 23-31, 1/3 2023. | DOI: 10.1097/HMR.0000000000000346
- Soudagar S, Rambod M, Beheshtipour N. Factors associated with nurses' self-efficacy in clinical setting in Iran, 2013. *Iran J Nurs Midwifery Res.* 2015;20(2):226-231.
- Spalding, Kaitlyn, Gustafsson, Louise, Di Tommaso, Amelia. Exploring Patient Outcomes After Participation in an Inpatient Occupation-Based Group: A Longitudinal Observational Cohort Study. *Am J Occup Ther.* 2022;76(5):76052051401-76052051408. doi:10.5014/ajot.2022.049241
- Suhas, C., Kishor, M., Mathur, S., Madhusudhan, B., Kavya, N., Sathyanarayana, T. Caregiver Burden and self-efficacy: A Hospital-based Comparison between General and Special Ward Patients. *Journal of Medical Sciences and Health.* /Jan-Apr 2019/Volume 5/Issue 1.
- Teppone, V., DNP, MSN, FNP-C, Huerta, M., DNP, FNP-C, AGNP-C, Dehome, S., PhD. Improving Care Transitions and Self-Efficacy for Skilled Nursing Facility Patients and Caregivers. *CALTCM 2022 Poster Session. Victoria Teppone Improving Care Transitions and Self Efficacy Levels.pdf (caltcm.org)*
- Toledano-González A, Labajos-Manzanares T, Romero-Ayuso DM. Occupational Therapy, Self-Efficacy, Well-Being in Older Adults Living in Residential Care Facilities: A Randomized Clinical Trial. *Front Psychol.* 2018 Aug 7;9:1414. doi: 10.3389/fpsyg.2018.01414.
- Tucker, S. J., Olson, M. E. & Frusti, D. K. (2009). Evidence-based practice self-efficacy scale: Preliminary reliability and validity. *Clinical Nurse Specialist*, 23(4), 207-215. doi:10.1097/NUR.0b013e3181aae8c6
- Towfighi, A., Ovbiagele, B., Hussein, N., Hackett, M., Jorge, R., Kissela, B., Mitchell, P., Skolarus, L., Whoolley, M., Williams, W. Poststroke Depression: A Scientific Statement for Healthcare Professionals From the American Heart Association/American Stroke Association. *Stroke*, Volume 48, 8 Dec 2016
- Winningham, Rob. "Responding to Unwanted Behaviors and Motivating Clients in Therapy". Retrieved from <https://encompasshealth.medbridgeeducation.com/courses/details/responding-to-unwanted-behaviors-and-motivating-clients-in-therapy-rob-winningham-nursing-gerontology>

60

Contact information for Nicole Link:
Email: Nicole.link@encompasshealth.com
Phone: 614-392-2474

Mount Carmel Rehabilitation Hospital, an affiliate of Encompass Health | Confidential information 61

61



Mount Carmel
Rehabilitation Hospital
an affiliate of Encompass Health

Mount Carmel Rehabilitation Hospital, an affiliate of Encompass Health | Confidential information 62

62