

Confidence (self-efficacy) of Exercise Behavior Change

身体活动/体育锻炼信心 (自我功效) 量表

<p>Physical activity or exercise includes activities such as walking briskly, jogging, bicycling, swimming or any other activity in which the exertion is at least as intense as these activities. Circle the number that indicates how confident you are that you could be physically active in each of the following situations:</p> <p>Scale</p> <p>1 = not at all confident 2 = slightly confident 3 = moderately confident 4 = very confident 5 = extremely confident</p>	<p>“身体活动/体育锻炼”包括例如快步走、慢跑、骑车、游泳或者其他强度类似于此的活动。请圈出在表示您有信心在下列情形中积极锻炼的数字。</p> <p>程度</p> <p>1 = 完全没信心 2 = 一点点信心 3 = 一般 4 = 很有信心 5 = 极其有信心</p>
1. When I am tired	1. 当我疲倦的时候
2. When I am in a bad mood	2. 当我心情不好的时候
3. When I feel I don't have time	3. 当我觉得没时间的时候
4. When I am on vacation	4. 当我在度假的时候
5. When it is raining or snowing	5. 下雨或者下雪的时候

身体活动/体育锻炼信心 (自我功效) 量表

“身体活动/体育锻炼”包括例如快步走、慢跑、骑车、游泳或者其他强度类似于此的活动。

请圈出在表示您有信心在下列情形中积极锻炼的数字。

程度

1 = 完全没信心

2 = 一点点信心

3 = 一般

4 = 很有信心

5 = 极其有信心

1. 当我疲倦的时候	1	2	3	4	5
2. 当我心情不好的时候	1	2	3	4	5
3. 当我觉得没时间的时候	1	2	3	4	5
4. 当我在度假的时候	1	2	3	4	5
5. 下雨或者下雪的时候	1	2	3	4	5