

#### Stress Management Self-Efficacy Scale (4-items)

Sawatzky et al. Stress and depression in students: the mediating role of stress management self-efficacy. Nurs Res. 2012 Jan-Feb;61(1):13-21.

Please indicate the degree to which the following statements are true:

- I believe I have the ability to cope with the demands of my life
- I know when I'm starting to experience too much stress
- I know how to cope with stress when it comes
- I am usually able to successfully deal with my stress levels

Response scale is 1-4 (agree strongly, agree somewhat, disagree somewhat, disagree strongly).