Assessing Self-Efficacy and its Implications in Health Promotion Interventions

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Disclosure

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Conflict of Interest
- The authors have no conflict of interest to declare.

Learner Objectives
- To define the concept self-efficacy and its related attributes.
- To determine implications of self-efficacy in health promotion interventions.
The sense of self-efficacy has a great impact on how people think, feel, behave and motivate themselves to accomplish certain behaviors.¹

Self-efficacy has been widely used in health research.²

However its implication in health promotion related interventions is limited.

1. (Bandura, 1982), 2. (Maibach & Murphy, 1995)
Purpose

- To demonstrate an in-depth analysis for the concept self-efficacy used in the health care.

- To determine implications of self-efficacy in health promotion related interventions.
Methods

- Data Source
  - Literatures published after 2000 were identified using the PubMed and electronic databases.

- Review Methods
  1. An in-depth review of the literature.
  2. Data analysis.
  3. Synthesis of the findings.
Design

- Used Wilson (1963) approach.
- Wilson’s approach includes:
  1. Define the concept
  2. Explore concept attributes
  3. Describe related concepts
  4. Identify the antecedents
  5. Explain concept consequences
  6. Highlight empirical referent
  7. Explain its implications in nursing practice
In the Oxford Dictionaries (n.d.) efficacy defined as “the ability to produce a desired or intended result”.

In 1977, Bandura defined self-efficacy as “beliefs one holds in one’s capabilities to organize and execute the courses of actions required to produce given attainments”.

In the health belief model (HBM), self-efficacy is defined as the individual’s belief in his ability to effectively perform the recommended behavior.

1. (Bandura, 1982), 4. (Rosenstock, 1988)
Attributes of Self-Efficacy

The evidence revealed that the defining characteristics of individuals who have high level of self-efficacy are the following:

A. Have a strong personal belief to master certain activity.
B. Have confidence to perform the required behavior.
C. Have sustained efforts.
D. Able to cope successfully with stress or environmental stimuli.
In the literature review, it was found that the self-esteem, self-confidence, and locus of control are the most common concepts that have relation to the self-efficacy.\(^5\)

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5. (Maibach, & Murphy, 1995)
### Comparison: Related Concepts to Self-Efficacy, Cont..

<table>
<thead>
<tr>
<th>Self-Esteem</th>
<th>Self-Efficacy</th>
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<tbody>
<tr>
<td>• Feeling of self-worthiness or self-value.</td>
<td>• One’s perception of ability to attain a specific goal rather than the general perspective of what an individual thinks about oneself.</td>
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<tr>
<td>Self-Confidence</td>
<td>Self-Efficacy</td>
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<td>--------------------------------------------------------------------------------</td>
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<td>• Related to the skills one has.</td>
<td>• Concerned with the judgments of what a person able to do with certain skills.</td>
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<tr>
<td>• Personal characteristic.</td>
<td>• Related to a specific task and not generally sensed.</td>
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<tr>
<td>• Learned over time.</td>
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<tr>
<td>• It develops through frequent reinforcement of positive behaviors.</td>
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<tr>
<td>• It have a constant influence on the person’s behavior.</td>
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Comparison: Related Concepts to Self-Efficacy, Cont..

<table>
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<tr>
<th>Locus of Control</th>
<th>Self-Efficacy</th>
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<td>• Individual’s perception about controlling the situation affecting him or her.</td>
<td>• Self-efficacy is concerned whether one is able to perform the desired behavior.</td>
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<tr>
<td>• Concerned about perceived association between action and the outcome.</td>
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Bandura identified the major sources of information for self-efficacy that are: vicarious experience, enactive attainment, and verbal persuasion.1

1. (Bandura, 1982)
Antecedents of Self-Efficacy

- **Vicarious experience (Modeling)**
  - The visual experience of a person when sees others are successfully performing similar behaviors.

- **Enactive attainment (Mastery)**
  - The experience the person has.

- **Verbal persuasion**
  - Verbal reinforcement that is given by other to encourage one’s of his specific capabilities to achieve the desired behavior.
To gain perception of self-efficacy, the individual has to:
- Observe someone else performing the behavior successfully
- Perform the desired behavior or skill successfully
- Get positive feedback after completing the task

All of these sources of information must occur before one’s sense of self-efficacy.
The consequences of self-efficacy are reliant on:
- One’s perceptions of the event.
- One’s perceptions of Behavior desired.
- Judgment of his abilities of performing the required behavior.
Reviewed literatures showed the availability of various self-efficacy scales which were meant to measure specific behaviors such as:

- Diet Self-Efficacy Scale (DIET-SE) \(^6\)
- Weight Efficacy Lifestyle Questionnaire (WEL) \(^7\)
- Task Self-Efficacy Scale (TSE) \(^8\)
- Self-Efficacy for Social Participation Scale (SESP) \(^9\)
- Insulin Management Diabetes Self-Efficacy Scale (IMDSES) \(^10\)

6. (Stich, Knäuper, & Tint, 2009), 7. (Kim, McEwen, Kieffer, Herman, & Piette, 2008), 8. (Gaston, Cramp, and Prapavessis, 2012)
Implications of Self-Efficacy in Health Promotion Interventions

- The concept self-efficacy has received mounting recognition as a strong predictor of health promoting behaviors such as dietary modification, weight loss, physical activity.

- Improved self-efficacy can enhance adherence of individuals to the recommended health promotion interventions.
Implications of Self-Efficacy in Health Promotion Interventions

- Health promotion is defined in the Ottawa Charter 1986 as “a process of enabling people to increase control over, and to improve their health”.

- The World Health Organization (WHO), encourages development of health promotion interventions that support the active role of individuals, beyond those strategies that limit them to be passive recipients of care.  

Implications of Self-Efficacy in Health Promotion Interventions

- These findings implicate that self-efficacy can be incorporated into health education programs, with the aims to:
  - Enhance self-care measures undertaken by individuals
  - Enhance lifestyle modification
  - Decrease burden of morbidity related complications.
Analysis of the concept revealed that self-efficacy is a multifaceted concept, that is dynamic and can change based on previous experiences and the task it associate with.

This concept plays a vital role in developing advanced nursing practice since promotion of healthy lifestyle and risk reduction is the major role of advanced practice nurses.
Recommendations

- The future nursing researchers should be focused on developing interventions that enhance perceived health-specific self-efficacy among their clients.
References

THANK YOU