

## Self-Efficacy to Overcome Barriers to Walking for Transportation Scale

Please use the rating scales below to indicate how confident you are that you would choose to walk short distances instead of driving or getting a ride despite the circumstances listed.

I'm confident that I probably would choose to walk a short distance instead of driving or getting a ride even if.....

	Not at all Confident	Slightly Confident	Somewhat Confident	Very Confident	Extremely Confident
1. I'm running short on time.	1	2	3	4	5
2. I'm feeling tired.	1	2	3	4	5
3. There are no sidewalks on my route.	1	2	3	4	5
4. It is a long distance.	1	2	3	4	5
5. I feel discomfort (for example, soreness).	1	2	3	4	5
6. I feel ill.	1	2	3	4	5
7. I have a lot to carry.	1	2	3	4	5
8. I am wearing nice clothes.	1	2	3	4	5

Scoring:

Sum or average all items for scale total.

Reference:

Dunton, G. F., & Jamner, M. S: Reliability and validity of a scale to measure self-efficacy to overcome barriers to walking for transportation. *Journal of Physical Activity and Health*, 3, 48-58, 2006.