

Contraceptive Self-Efficacy Scale

The items on the following page are a list of statements. Please rate each item on a 1 to 5 scale according to how true the statement is of you. Using the scale, circle one number for each question.

1= Not at all true of me

2= Slightly true of me

3= Somewhat true of me

4= Mostly true of me

5= Completely true of me

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|--|---|---|---|---|---|
| 1. When I am with a partner I feel that I can always be responsible for what happens sexually with him/her. | 1 | 2 | 3 | 4 | 5 |
| <hr/> | | | | | |
| 2. Even if a partner can talk about sex, I can't tell him/her how I really feel about sexual things | 1 | 2 | 3 | 4 | 5 |
| <hr/> | | | | | |
| 3. When I have sex, I can enjoy it as something that I really wanted to do. | 1 | 2 | 3 | 4 | 5 |
| <hr/> | | | | | |
| 4. If my partner and I are getting "turned on" sexually and I don't really want to have sexual intercourse, I can easily tell her/him "No" and mean it. | 1 | 2 | 3 | 4 | 5 |
| <hr/> | | | | | |
| 5. If my partner didn't talk about the sex that was happening between us, I couldn't either. | 1 | 2 | 3 | 4 | 5 |
| <hr/> | | | | | |
| 6. When I think about what having sex means, I can't have sex so easily. | 1 | 2 | 3 | 4 | 5 |
| <hr/> | | | | | |
| 7. If my partner and I are getting "turned on" sexually and I don't really want to have sexual intercourse (go all the way, get down), I can easily stop things so that we don't have intercourse. | 1 | 2 | 3 | 4 | 5 |
| <hr/> | | | | | |
| 8. There are times when I'd be so involved sexually or emotionally that I could easily have sexual intercourse even if I weren't protected (using a form of birth control). | 1 | 2 | 3 | 4 | 5 |

Contraceptive Self-Efficacy Scale (continued)

1= Not at all true of me

2= Slightly true of me

3= Somewhat true of me

4= Mostly true of me

5= Completely true of me

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| 9. Sometimes I just go along with what my date wants to do sexually because I don't think I can take the hassle of trying to say what I want. | 1 | 2 | 3 | 4 | 5 |
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|---|---|---|---|---|---|
| 10. If there were a man (boyfriend) to whom I was very attracted physically and emotionally, I could feel comfortable telling him that I wanted to have sex with him. | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|

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|---|---|---|---|---|---|
| 11. I couldn't continue to use a birth control method if I thought that my parents might find it. | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|

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|---|---|---|---|---|---|
| 12. It would be hard for me to go to the drugstore and ask for foam (Encare Ovals, a diaphragm, a pill prescription, etc.) without feeling embarrassed. | 1 | 2 | 3 | 4 | 5 |
|---|---|---|---|---|---|

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|--|---|---|---|---|---|
| 13. If my boyfriend and I were getting really heavy into sex and moving towards intercourse and I wasn't protected . . . | | | | | |
| a. I could easily ask him if he had protection (or tell him that I didn't). | 1 | 2 | 3 | 4 | 5 |
| b. I could excuse myself to put in a diaphragm or foam (if I used them for birth control). | 1 | 2 | 3 | 4 | 5 |
| c. I could tell him I was on the pill or had an IUD (if I used them for birth control). | 1 | 2 | 3 | 4 | 5 |
| d. I could stop things before intercourse, if I couldn't bring up the subject of protection. | 1 | 2 | 3 | 4 | 5 |

| | | | | | |
|--|---|---|---|---|---|
| 14. There are times when I should talk to my boyfriend about using contraceptives, but I can't seem to do it in the situation. | 1 | 2 | 3 | 4 | 5 |
|--|---|---|---|---|---|

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|---|---|---|---|---|---|
| 15. Sometimes I end up having sex with a boyfriend because I can't find a way to stop it. | 1 | 2 | 3 | 4 | 5 |
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