Appendix to Cathrine Nøttingnes, Kjartan Vibe Fersum, Silje Endresen Reme, Rolf Moe-Nilssen, Tone Morken. Job-related self-efficacy in musculoskeletal disorders – a questionnaire. Tidsskr Nor Legeforen 2018; 138. doi: 10.4045/tidsskr.18.0571. This appendix is a supplement to the article and has not been editorially processed.

Job-related self-efficacy

<u>Instructions:</u> We would like to know how **confident** you feel of your ability to perform various activities **if you had been at work today**. For each of the following questions, please circle the number that indicates how confident you feel of your ability to perform **the following activities at the present moment**.

How confident are you that you	Not at all Fully									
could	confident							confident		
Suggest to your supervisor ways to change your work to	1		2	4	-	-	7	0		10
reduce discomfort?	1	2	3	4	5	6	7	8	9	10
2. Fulfil all of your duties and responsibilities?	1	2	3	4	5	6	7	8	9	10
3. Change the type of work activities you do to reduce	1	2	3	4	5	6	7	8	0	10
discomfort?		2	3	4	5	0	1	0	9	10
4. Explain any physical limitations you may have	1	2	3	4	-	6	7	8	0	10
to your co-workers?		2	3	4	5	6	7	0	9	10
5. Meet expectations for job performance?	1	2	3	4	5	6	7	8	9	10
6. Perform most of your daily activities at work?	1	2	3	4	5	6	7	8	9	10
7. Avoid re-injury?	1	2	3	4	5	6	7	8	9	10
8. Get co-workers to help you with activities that	,	0	2	4	_	0	7		0	40
might cause discomfort?	1	2	3	4	5	6	7	8	9	10
9. Keep up with the pace at work?	1	2	3	4	5	6	7	8	9	10
10. Modify the way you work to reduce discomfort?	1	2	3	4	5	6	7	8	9	10
11. Get emotional support from co-workers (such as	1	2	2	4	5	6	7	8	9	10
listening or talking about your problem)?	'	2	3	4	5	6	,	0	9	10
12. Avoid activities that are likely to increase pain?	1	2	3	4	5	6	7	8	9	10
13. Meet your production requirements?	1	2	3	4	5	6	7	8	9	10
14. Reduce your physical workload?	1	2	3	4	5	6	7	8	9	10
15. Do everything you're trained to do?	1	2	3	4	5	6	7	8	9	10
16. Describe to your supervisor the nature of your injury	1	2	3	4	5	6	7	8	9	10
and your medical treatment?		2	3	4	5	0	1	0	9	10
17. Discuss openly with your supervisor things that may	1	2	3	4	_	6	7	8	9	10
contribute to your discomfort?		2	3	4	5	0	1	0	9	10
18. Do your work without slowing others down?	1	2	3	4	5	6	7	8	9	10
19. Request changes in your workstation or work area to	1	2	3	4	5	6	7	8	9	10
reduce discomfort?		۷	3	4	ິນ	U	ı	0	Э	10

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