



# Self-Efficacy to Reduce Sedentary Behavior (SRSB) Questionnaire

**A 9-item questionnaire designed to evaluate self-efficacy to reduce sedentary behavior.**

## Applications

- QOL questionnaire
- Intervention studies

## Evaluate self-efficacy to reduce sedentary behavior

Researchers at the University of Minnesota have developed the Self-Efficacy to Reduce Sedentary Behavior (SRSB) Questionnaire to evaluate an individual's confidence in their ability to reduce their sedentary behavior time. Although related to self-efficacy for exercise, self-efficacy to reduce sedentary behavior is a distinct construct defined according to the Sedentary Behavior Research Network – Terminology Consensus Project as any behavior done while awake that uses a small amount of energy and occurs while sitting, reclining, or lying down. The 9-item questionnaire uses individual item scores ranging from 1 to 5, with 1 representing low self-efficacy and 5 representing high self-efficacy. The total SRSB score is the sum of the 9 individual item scores, ranging from 9 to 45, with higher scores representing greater self-efficacy to reduce sedentary behavior. This questionnaire has commercial potential for use as a tool in intervention studies designed to change sedentary behavior.

## Researchers

- [Mary Whipple, PhD, RN, PHN](#) Assistant Professor, School of Nursing

## References

1. Whipple MO, Bergouignan A, Hooker SA(2023 May 19) , <https://doi.org/10.1249/mss.0000000000003215>, <https://journals.lww.com/acsm-msse/pages/default.aspx>

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