Return to Work Self-Efficacy Scale - WRUED

At the present time, how confident are you that you can do each of the following activities? (Circle a number from 1 to 10)

1=Not at all confident  
10= Extremely confident

1. Manage your hand/arm symptoms so that you can do the things you enjoy doing?  
2. Pace your daily activities so that you can get things done without aggravating your hand/arm symptoms?  
3. Deal with the frustration of your hand/arm symptoms?  
4. Keep your hand/arm symptoms from getting any worse?  
5. Work at your usual job, with your usual work schedule?  
6. Work at your job, but with change in work tasks to make it easier on your hands/arms?

adapted from Amick 1998 by MacDermid 2003