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English version:

ASKU **Allgemeine Selbstwirksamkeit Kurzskala**

Beierlein, C., Kovaleva, A., Kemper, C. J. & Rammstedt, B. (2012)

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<https://doi.org/10.23668/psycharchives.4527>

All information and materials about the measure can be found at:

<https://www.testarchive.eu/en/test/9006490>

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ASKU (English version)

The following statements may apply more or less to you. To what extent do you think each statement applies to you personally?

	doesn't apply at all	applies a bit	applies somewhat	applies mostly	applies complete- ly
(1) I can rely on my own abilities in difficult situations.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
(2) I am able to solve most problems on my own.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5
(3) I can usually solve even challenging and complex tasks well.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4	<input type="checkbox"/> 5