

Exploring the feasibility of an exercise programme including aerobic and resistance training in people with limited cutaneous systemic sclerosis.

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Appendix B

Exercise task self-efficacy

Please circle the percentage that best describes you in the questions below.

How confident are you that you can....

1) perform one bout of exercise a week for the next 4 weeks that is just like the one you completed today?

10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at									Extremely
all									confident

2) perform two bouts of exercise a week for the next 4 weeks that is just like the one you completed today?

10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at									Extremely
all									confident

3) perform three bouts of exercise a week for the next 4 weeks that is just like the one you completed today?

10%	20%	30%	40%	50%	60%	70%	80%	90%	100%
Not at									Extremely
all									confident