

CONTENTS

PART I. INTRODUCTION ✕

Chapter 1

Self-Efficacy Theory: An Introduction	3
James E. Maddux	
Social Cognitive Theory	4
Social Cognitive Theory and Subfields of Psychology	6
Comparisons with Other Theories	6
Self-Efficacy Theory	7
Related Concepts of Mastery, Control, and Competence	21
Summary	25
Concluding Comments	26
References	27

PART II. APPLICATIONS IN CLINICAL PSYCHOLOGY

Chapter 2

Self-Efficacy and Adjustment: Basic Principles and Issues	37
Jame E. Maddux and John Lewis	
Social Cognitive View of Psychological Adjustment	38
Self-Efficacy, Adaptation, and Adjustment	43
Self-Efficacy and Processes of Change	46

Strategies for Enhancing Self-Efficacy	55
Summary	61
References	63

Chapter 3

Self-Efficacy and Anxiety and Phobic Disorders	69
S. Lloyd Williams	
The Meaning of Anxiety	70
The Failure of Anxiety Theory	71
Self-Efficacy Theory	72
Effects of Self-Efficacy Judgments	72
Self-Efficacy and Treatment of Anxiety Disorders	89
Future Direction	100
References	102

Chapter 4

Self-Efficacy and Addictive Behaviors	109
Carlo C. DiClemente, Scott K. Fairhurst, and Nancy A. Piotrowski	
Applying Self-Efficacy to Addictions: Fits and Misfits	110
Self-Efficacy and Smoking Behavior	116
Self-Efficacy and Alcoholism Treatment	120
Self-Efficacy and Drug Abuse	124
Self-Efficacy and Eating Disorders	125
The Future of Self-Efficacy in the Addictive Behaviors	127
The Contribution and Promise of Self-Efficacy with the Addictive Behaviors	133
References	134

Chapter 5

Self-Efficacy and Depression	143
James E. Maddux and Lisa J. Meier	
Self-Efficacy Theory of Depression	144
Self-Efficacy and Mood: Covariation and Cause	146
Outcome Expectancies and Depression	155

Theoretical Issues	158
Summary and Future Directions	162
References	165

PART III. APPLICATIONS IN HEALTH PSYCHOLOGY

Chapter 6

Self-Efficacy and Healthy Behavior: Prevention, Promotion, and Detection	173
James E. Maddux, Lawrence Brawley, and Angela Boykin	
Types of Health Behavior: Prevention, Promotion, and Detection	174
Self-Efficacy in Models of Health Behavior	182
Common Theoretical Elements	186
Self-Efficacy and Habit	189
Toward an Integrated Model	191
Summary	195
References	196

Chapter 7

Self-Efficacy and Recovery from Heart Attack: Implications for a Social-Cognitive Analysis of Exercise and Emotion	203
Craig K. Ewart	
Recovery after Acute Myocardial Infarction	204
Self-Efficacy and Recovery	206
Self-Efficacy and Psychological Responses to Exercise in Healthy Adults	210
Do Heart Rate and Performance Changes Mediate Emotional Responses to Aerobic Exercise?	220
Conclusion	223
References	224

Chapter 8

Self-Efficacy and the Physiological Stress Response	227
Ann O'Leary and Shirley Brown	
Introduction	227
Overview of Physiological Mechanisms	228

Theoretical Background	231
Evidence for Self-Efficacy Effects on Stress Physiology	232
Discussion and Future Directions	243
References	244

PART IV. OTHER APPLICATIONS

Chapter 9

Self-Efficacy and Career Choice and Development	249
Gail Hackett and Nancy Betz	
Self-Efficacy and Choice Behavior	251
Self-Efficacy and Academic Achievement and Persistence	259
Self-Efficacy and Career Decision-Making Processes	262
Sources of Career Self-Efficacy	265
Summary of Research Findings	267
Implications for Future Research	270
References	276

Chapter 10

Self-Efficacy and Education and Instruction	281
Dale M. Schunk	
Self-Efficacy Theory	282
Factors Affecting Self-Efficacy	284
Predictive Utility of Self-Efficacy	293
Future Directions	295
References	300

Chapter 11

Collective Efficacy	305
Steven Zaccaro, Virginia Blair, Christopher Peterson, and Michelle Zazanis	
Definition and Measurement of Collective Efficacy	308
Antecedents and Consequences of Collective Efficacy	315
Summary and Implications	321
References	324

PART V. COMMENTARY

Chapter 12

Self-Efficacy and Outcome Expectancy: A Concluding Commentary	331
Irving Kirsch	
Subtypes of Outcome Expectancy and Their Relation to Self-Efficacy	332
Task Locus of Control as a Moderator Variable	335
Subtypes of Self-Efficacy	337
The Importance of Subjective Responses	340
Fuzzy Boundaries and Conceptual Overlap— A Final Cautionary Note	342
References	344

Chapter 13

On Rectifying Conceptual Ecumemism	347
Albert Bandura	
References	371

Chapter 14

Looking for Common Ground: A Comment on Kirsch and Bandura	377
James E. Maddux	
Types of Outcome Expectancy	378
Types of Self-Efficacy	379
Response Expectancies and Anxiety	383
Outcomes and Attainment Markers	384
 Index	 387