CONTENTS

Contributors		vii
Prej	face	ix
I	Self-Efficacy and Human Functioning	
	Exercise of Personal Agency Through the Self-Efficacy Mechanism	
	Albert Bandura	3
	Two Dimensions of Perceived Self-Efficacy: Cognitive Control and Behavioral Coping Ability	
	William McCarthy & Michael Newcomb	39
	Expectancies as Mediators Between Recipient Characteristics and Social Support Intentions	
	Ralf Schwarzer, Christine Dunkel-Schetter, Bernard Weiner, & Grace Woo	65
11	Self-Efficacy and Human Development	
	Perceived Control: Motivation, Coping, and Development	
	Ellen Skinner	91
	Adults Expectancies About Development and its Controllability:	
	Enhancing Self-Efficacy by Social Comparison	
	Jutta Heckhausen	107
	Personal Control Over Development: Implications of	
	Self-Efficacy	
	Jochen Brandtstädter	127
III	Self-Efficacy, Stress, and Emotions	
	Perceived Self-Efficacy and Phobic Disability	
	S. Lloyd Williams	149
	Self-Efficacy and Depression	
	David Kavanagh	177
	Self-Efficacy as a Resource Factor in Stress Appraisal	
	Processes	
	Matthias Jerusalem & Ralf Schwarzer	195

IV Self-Efficacy and Health Behaviors

Self-Efficacy in the Adoption and Maintenance of Health	
Behaviors: Theoretical Approaches and a New Model	
Ralf Schwarzer	217
Self-Efficacy and Attribution Theory in Health Education	
Gerjo Kok, Dirk-Jan Den Boer, Hein De Vries, Frans Gerards,	
Harm J. Hospers, & Aart N. Mudde	245
The Influence of Expectancies and Problem-Solving Strategies on Smoking Intentions	
Martin V. Covington & Carol L. Omelich	263
Self-Efficacy, Physical Symptoms, and Rehabilitation of	
Chronic Disease	
The Role of Physical Self-Efficacy in Recovery From	
Heart Attack	
Craig K. Ewart	287
Perceived Self-Efficacy in Self-Management of Chronic	
Disease	
Halsted R. Holman & Kate Lorig	305
Self-Efficacy Expectancies in Chronic Obstructive	
Pulmonary Disease Rehabilitation	
Michelle T. Toshima, Robert M. Kaplan, & Andrew L. Ries	325
Self-Efficacy Mechanism in Psychobiologic Functioning	
Albert Bandura	355

Author Index	3	395
Subject Index	. 4	405

V