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Are general and social self-efficacy related to reactions to disability among mobility impaired people?

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Introduction: Recent studies suggest that every physical disability results in array of reactions which can range from negative affectivity to successful adjustment to disability. General and social self-efficacy are the resources helping the individuals to solve disability-related problems but there is a lack of research analysing how these two types of self-efficacy are related to emotional reactions to disability. The aim of the study was to assess the relationship between general and social self-efficacy and reactions to disability among mobility impaired people.

Methods: The study included 108 men and 201 women with mobility disabilities, aged between 18 and 88. General and social self-efficacy were assessed using Self-Efficacy scale and reactions to disability were assessed using Reactions to Impairment and Disability Inventory, measuring six reactions: denial, depression, internalized anger, externalized hostility, acknowledgement and adjustment.

Results: Regardless of age, individuals reporting higher general and social self-efficacy demonstrated lower scores of depression, internalized anger and externalized hostility and higher scores of acknowledgment and adjustment to disability compared to individuals reporting lower general and social self-efficacy.

Conclusions and implications: Both general and social self-efficacy promoting interventions and activities may improve the emotional adjustment to disability in mobility impaired people.