

**Title:** Defining Self-Efficacy for the Self-Management of Chronic Conditions and Identifying Priority Sub-domains: Web-based DELPHI Technique

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**Research Objective(s):** The purpose of this study was to obtain experts' consensus on a definition of self-efficacy for the self-management of chronic diseases and to identify priority subdomains in order to develop measures of self-efficacy for the self-management of chronic diseases. This study is part of the NIH funded Patient Reported Outcomes Measurement Information System (PROMIS) initiative that aims to develop comprehensive item banks to measure patient reported health outcomes.

**Research design:** Prospective mixed methods design.

**Research Setting:** All data collection was conducted online.

**Participants:** Twenty three national and international experts on self-efficacy and management of chronic diseases identified through a literature review.

**Intervention:** All experts participated in three 20-minute web-based Delphi rounds. In each round, participants provided feedback and ratings (1-10 point scale) on a proposed definition and a list of potential subdomains. In round 3, participants provided a final level of agreement with the resulting definition and a ranking of priority sub-domains.

**Main Outcome Measures:** Level of agreement with definition and ranking of sub-domains.

**Results:** The final definition of self-efficacy as "an individual's confidence in his/her ability to successfully perform specific tasks or behaviors related to his/her health in a variety of situations" received an 8.5 rating (SD 1). The highest priority subdomains were: manage daily activities and routines 9.17 (SD 1.64), manage symptoms 8.78 (SD 1.56), and manage medications and other treatments 8.10(SD 2.30).

**Conclusion:**

We obtained a high degree of consensus about the final definition of self-efficacy for the self-management of chronic disease and a list of priority subdomains. Using a Web-based Delphi technique is an appropriate method to reach experts globally and work together to define a particular health domain and identify critical areas for the development of outcome measures.