

Additional file 1. The Self-efficacy for Social Participation scale (SOSA) English version

Please choose (○) the rating closest to your thought for each statement.

No.	domain / item	Not confident at all	Somewhat unconfident	Somewhat confident	Completely confident
Instrumental self-efficacy					
1	I am able to arrange my own means of transportation	0	1	2	3
2	I am able to travel on public transport	0	1	2	3
3	I am able to shop for daily necessities by myself	0	1	2	3
Managerial self-efficacy					
4	I am able to manage my daily routine by myself	0	1	2	3
5	I am able to live well while dealing with my physical condition	0	1	2	3
6	I am able to make my own judgments about the reliability of information related to daily life	0	1	2	3
Interpersonal self-efficacy					
7	I am able to make time to spend with friends and acquaintances	0	1	2	3
8	I am able to consult others when I have concerns	0	1	2	3
9	I am able to get in touch with friends and acquaintances	0	1	2	3
Cultural self-efficacy					
10	I am able to create new activities with people in the community	0	1	2	3
11	I am able to obtain information about activities going on in the community	0	1	2	3
12	I am able to have the motivation to learn or start something new	0	1	2	3
No.1-12 Total					point

OE Nanami, TADAKA Etsuko. Development of the Self-efficacy for Social Participation scale (SOSA) for community-dwelling older adults.