

Figure 1: Techniques to promote self-efficacy.

Technique	Method
Performance Accomplishment	In this study participants will be assisted to achieve incremental mastery over manageable tasks which could in turn increase their willingness to engage in other self-care initiatives.
Vicarious Experience	Participants in this study will observe the nurse modelling skills so that the patient can learn the steps required to achieve a specific task.
Verbal Persuasion	The nurse will build confidence and encourage the patient, as there is evidence that people who are persuaded that they possess the requisite skills to master a challenge are more likely to apply greater effort than those who receive information alone, especially if information comes from a credible source.
Attention to physiological states	Anxiety affects attitudes about ability to deal with problems and reduces performance, so relaxation and other techniques will be used to reduce physiological arousal