Figure 1: Overarching themes mapped onto the Four Sources model

Four Sources of Efficacy Enhancement

Mastery of Experience
- Mastery through knowledge
- Mastery through tools and strategies
- Mastery through autonomy

Vicarious Experiences
- Influence of social setting
- Positive social comparisons

Verbal Persuasion
- Positive and negative self-statements
- Feedback from caregivers

Physical/emotional arousal
- Adjustment experiences
- Symptom awareness