*Figure 1: Overarching themes mapped onto the Four Sources model*

**Four Sources of Efficacy Enhancement**

**Mastery of Experience**

**Vicarious Experiences**

**Verbal Persuasion**

**Physical/emotional arousal**

Mastery through knowledge

Mastery through tools and strategies

Mastery through autonomy

Influence of social setting

Positive social comparisons

Positive and negative self-statements

Feedback from caregivers

Adjustment experiences

Symptom awareness