

Interpersonal Support Evaluation List-12 (ISEL-12)

Name: _____ **Date:** _____

This 12-item questionnaire is a self-reported assessment tool that evaluates an individual's perceived availability of social support. The questionnaire is made up of a list of statements which may or may not be true about you.

Please indicate the extent to which you tend to agree or disagree with each statement. In each case, make your choice in terms of how you feel right now, not what you have felt in the past or would like to feel.

There are four possible responses to each of the items in the questionnaire:

- 1 = Definitely false
- 2 = Probably false
- 3 = Probably true
- 4 = Definitely true

For each statement select "defiantly true" if you are sure it is true about you and "probably true" if you think it is true but are not absolutely certain. Similarly, you should select "definitely false" if you are sure the statement is false and "probably false" if you think it is false but are not absolutely certain.

Statement	(1) Definitely false	(2) Probably false	(3) Probably true	(4) Definitely true
1. If I wanted to go on a trip for a day (for example, to the country or mountains), I would have a hard time finding someone to go with me.				
2. I feel that there is no one I can share my most private worries and fears with.				
3. If I were sick, I could easily find someone to help me with my daily chores.				
4. There is someone I can turn to for advice about handling problems with my family.				
5. If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.				
6. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.				

Statement	(1) Definitely false	(2) Probably false	(3) Probably true	(4) Definitely true
7. I don't often get invited to do things with others.				
8. If I had to go out of town for a few weeks, it would be difficult to find someone who would look after my house or apartment (the plants, pets, garden, etc.).				
9. If I wanted to have lunch with someone, I could easily find someone to join me.				
10. If I was stranded 10 miles from home, there is someone I could call who could come and get me.				
11. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.				
12. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.				
Subscale	Items		Reverse second	
Appraisal support	2, 4, 6, 11		2	
Belonging support	1, 5, 7, 9		1, 7, 11	
Tangible support	3, 8, 10, 12		8, 12	
Sum up the items listed above to get the total score for each subscale. Note that some items are reverse-scored. To get the overall score, sum the score for all three subscales.				
Subscale	Appraisal support	Belonging support	Tangible support	
Total score				
Total score (sum of 3 subscales):				

Cohen S., Mermelstein R., Kamarck T., & Hoberman, H.M. (1985). Measuring the functional components of social support. In Sarason, I.G. & Sarason, B.R. (Eds), *Social support: theory, research, and applications*. The Hague, Netherlands: Martinus Nijhoff