

# Social Provisions Scale (SPS-10)

## Patient information

Name:

Date of birth:

Contact information:

Date of assessment:

**Instructions:** Below are 10 statements related to your social support. Please indicate how much you agree or disagree with each statement. Use the following 4-point Likert scale to respond:

- 1 = Strongly disagree
- 2 = Disagree
- 3 = Agree
- 4 = Strongly agree

Statements	Strongly disagree (1)	Disagree (2)	Agree (3)	Strongly agree (4)
1. There are people I can depend on to help me if I really need it.				
2. There are people who enjoy the same social activities I do.				
3. I have close relationships that provide me with a sense of emotional security and well-being.				
4. There is someone I could talk to about important decisions in my life.				
5. I have relationships where my competence and skill are recognized.				
6. There is a trustworthy person I could turn to for advice if I were having problems.				
7. I feel part of a group of people who share my attitudes and beliefs.				
8. I feel a strong emotional bond with at least one other person.				
9. There are people who admire my talents and abilities.				
10. There are people I can count on in an emergency.				

## Scoring

To calculate the total score, sum the responses for all 10 items. Scores range from 10 to 40, with higher scores indicating greater perceived social support. The SPS-10 summary score is not calculated if any responses are missing.

For national surveillance efforts, participants with a score of 30 or higher are classified as having "high" social support.

## Interpretation

- **10-19:** Low perceived social support
- **20-29:** Moderate perceived social support
- **30-40:** High perceived social support

Total score:

## Additional notes

## Healthcare professional information

Name:

License ID number:

Signature:

Date of assessment:

Caron, J. (2013). A validation of the Social Provisions Scale: the SPS-10 items. *Santé mentale au Québec*, 38 (1), 297-318.

Cutrona, C. E. and Russell, D. (1987). *The provisions of social relationships and adaptation to stress*. In W. H. Jones & D. Perlman (dir.) *Advances in personal relationships* (vol. 1, p. 37-67). Greenwich, CT: JAI Press