

# Social Support Questionnaire (SSQ6)

Your full name: \_\_\_\_\_ Date submitted: \_\_\_\_\_

**Instructions:** The following questions ask about people in your life who provide you with help or support. Each question has two parts.

For the first part, list all the people you know, excluding yourself, whom you can count on for help or support in the manner described. Give the person's initials and their relationship to you (see example). Do not list more than one person next to each of the numbers beneath the question.

For the second part, circle how satisfied you are with the overall support you have. If you have no support for a question, check the words "No one," but still rate your level of satisfaction.

Do not list more than nine persons per question. Please answer all questions as best you can. All your answers will be kept confidential.

## Example

**Who do you know whom you can trust with information that could get you in trouble?**

No one

T.N. - brother

L.M. - friend

R.S. - friend

T.N. - father

L.M. - employer

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**How satisfied are you with the social support given to you by these people overall?**

Very dissatisfied

Fairly dissatisfied

A little dissatisfied

A little satisfied

Fairly satisfied

Very satisfied

**Questionnaire**

**1. Who can you really count on to be dependable when you need help?**

No one.

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**How satisfied are you with the social support given to you by these people overall?**

Very dissatisfied

Fairly dissatisfied

A little dissatisfied

A little satisfied

Fairly satisfied

Very satisfied

**2. Who can you really count on to help you feel more relaxed when you are under pressure or tense?**

No one.

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**How satisfied are you with the social support given to you by these people overall?**

- Very dissatisfied
- Fairly dissatisfied
- A little dissatisfied
- A little satisfied
- Fairly satisfied
- Very satisfied

**3. Who accepts you totally, including both your worst and your best points?**

- No one.

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**How satisfied are you with the social support given to you by these people overall?**

- Very dissatisfied
- Fairly dissatisfied
- A little dissatisfied
- A little satisfied
- Fairly satisfied
- Very satisfied

**4. Who can you really count on to care about you, regardless of what is happening to you?**

- No one.

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**How satisfied are you with the social support given to you by these people overall?**

- Very dissatisfied
- Fairly dissatisfied
- A little dissatisfied
- A little satisfied
- Fairly satisfied
- Very satisfied

**5. Who can you really count on to help you feel better when you are feeling generally down in the dumps?**

- No one.

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**How satisfied are you with the social support given to you by these people overall?**

- Very dissatisfied
- Fairly dissatisfied
- A little dissatisfied

- A little satisfied
- Fairly satisfied
- Very satisfied

**6. Who can you count on to console you when you are very upset?**

- No one.

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**How satisfied are you with the social support given to you by these people overall?**

- Very dissatisfied
- Fairly dissatisfied
- A little dissatisfied
- A little satisfied
- Fairly satisfied
- Very satisfied

**Total Score:** \_\_\_\_\_

**Adapted from:** Sarason, I. G., Sarason, B. R., Shearin, E. N., Pierce, G. R. (1987). A brief measure of social support: Practical and theoretical implications. *Journal of Social and Personal Relationships*, 4, 497-510.