Social Support Scale

Applicant's Name:

Date:

Instructions

This scale consists of a list of statements that may or may not apply to you. For each statement, please select "Definitely True" if you are sure it applies to you, "Probably True" if you think it applies but are not absolutely certain. Similarly, select "Definitely False" if you are certain the statement doesn't apply and "Probably False" if you think it probably doesn't apply but are not absolutely certain.

1. If I wanted to take a day trip (for example, to the countryside or mountains), I would struggle to find someone to accompany me.

☐ 1. Definitely False	☐ 2. Probably False	☐ 3. Probably True	☐ 4. Definitely True

2. I feel there is no one with whom I can share my most private worries and fears.

☐ 1. Definitely False	☐ 2. Probably False	☐ 3. Probably True	☐ 4. Definitely True

3. If I were ill, I could easily find someone to assist me with daily chores.

☐ 1. Definitely False	☐ 2. Probably False	☐ 3. Probably True	☐ 4. Definitely True

4. There is someone I can consult for advice about dealing with family-related issues.

☐ 1. Definitely False	☐ 2. Probably False	☐ 3. Probably True	☐ 4. Definitely True

5. If I decide one afternoon that I'd like to watch a movie that evening, I could easily find a companion.

☐ 1. Definitely False	☐ 2. Probably False	☐ 3. Probably True	☐ 4. Definitely True

6. When I need suggestions for managing personal issues, I have someone to turn to

☐ 1. Definitely False	☐ 2. Probably False	☐ 3. Probably True	☐ 4. Definitely True

7. I seldom get invitations to join others in social activities.

☐ 1. Definitely False	☐ 2. Probably False	☐ 3. Probably True	☐ 4. Definitely True

8. If I needed to leave town for several weeks, it would be hard to find someone to take care of my home (plants, pets, garden, etc.).

☐ 1. Definitely False	☐ 2. Probably False	☐ 3. Probably True	☐ 4. Definitely True

9. If I wanted to have lunch with someone, I could easily find a companion.

☐ 1. Definitely False	☐ 2. Probably False	☐ 3. Probably True	☐ 4. Definitely True

10. If I were stranded 10 miles from home, I know someone I could call to pick me up.

☐ 1. Definitely False	☐ 2. Probably False	☐ 3. Probably True	☐ 4. Definitely True

11. If a family crisis arose, it would be difficult to find someone who could offer sound advice on how to cope.

☐ 1. Definitely False	☐ 2. Probably False	☐ 3. Probably True	☐ 4. Definitely True

12. If I needed help moving to a new home, I would struggle to find someone to assist me.

☐ 1. Definitely False	☐ 2. Probably False	☐ 3. Probably True	☐ 4. Definitely True

Scoring:

Items 1, 2, 7, 8, 11, 12 are reverse scored.

Items 2, 4, 6, 11 make up the Appraisal Support subscale

Items 1, 5, 7, 9 make up the Belonging Support subscale

Items, 3, 8, 10, 12 make up the Tangible Support subscale.

All scores are kept continuous.

Assessor's Notes