

Social Support Scale

DIRECTIONS: We would like to know how you feel about the amount and the quality of different types of support you may have in your life. Using the following 7-point scale, and thinking about the people in your life, family and friends:

- 1 = Extremely happy
- 2 = Happy
- 3 = Mostly satisfied
- 4 = Mixed (equally satisfied and dissatisfied)
- 5 = Mostly dissatisfied
- 6 = Unhappy
- 7 = Terrible

1. In general, how do you feel about the amount of companionship that you have?
2. In general, how do you feel about the quality of companionship that you have?
3. In general, how do you feel about the amount of advice and information that you receive?
4. In general, how do you feel about the quality of advice and information that you receive?
5. In general, how do you feel about the amount of practical assistance that you receive?
6. In general, how do you feel about the quality of practical assistance you receive?
7. In general, how do you feel about the amount of emotional support that you receive?
8. In general, how do you feel about the quality of emotional support that you receive?
9. How do you feel overall about the amount and quality of the social support you receive?

REFERENCES

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