**Instructions:**

This scale is made up of a list of statements each of which may or may not be true about you. For each statement circle "definitely 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 circle "definitely false" if you are sure the statement is false and "probably false" if you think it is false but are not absolutely certain

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.

\_ 1. Definitely False

\_ 2. Probably False

\_ 3. Probably True

\_ 4. Definitely True

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

\_ 1. Definitely False

\_ 2. Probably False

\_ 3. Probably True

\_ 4. Definitely True

1. If I were sick, I could easily find someone to help me with my daily chores.

\_ 1. Definitely False

\_ 2. Probably False

\_ 3. Probably True

\_ 4. Definitely True

1. There is someone I can turn to for advice about handling problems with my family.

\_ 1. Definitely False

\_ 2. Probably False

\_ 3. Probably True

\_ 4. Definitely True

1. 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.

\_ 1. Definitely False

\_ 2. Probably False

\_ 3. Probably True

\_ 4. Definitely True

1. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.

\_ 1. Definitely False

\_ 2. Probably False

\_ 3. Probably True

\_ 4. Definitely True

1. I don't often get invited to do things with others.

\_ 1. Definitely False

\_ 2. Probably False

\_ 3. Probably True

\_ 4. Definitely True

1. 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.).

\_ 1. Definitely False

\_ 2. Probably False

\_ 3. Probably True

\_ 4. Definitely True

1. If I wanted to have lunch with someone, I could easily find someone to join me.

\_ 1. Definitely False

\_ 2. Probably False

\_ 3. Probably True

\_ 4. Definitely True

1. If I was stranded 10 miles from home, there is someone I could call who could come and get me.

\_ 1. Definitely False

\_ 2. Probably False

\_ 3. Probably True

\_ 4. Definitely True

1. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.

\_ 1. Definitely False

\_ 2. Probably False

\_ 3. Probably True

\_ 4. Definitely True

1. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.

\_ 1. Definitely False

\_ 2. Probably False

\_ 3. Probably True

\_ 4. Definitely True

Notes

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

Then…

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

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

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

Sum all items (after reverse scoring) to make up the Overall score

REFERENCES

Reference: 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 Niijhoff.