

## Social Support Scale

People help each other out in a lot of different ways. I am going to list some specific ways and I would like to know how likely your family or friends would be to help you. We realize that you may rarely need this kind of help, but *if you did* would your family members and friends help in the following ways? Try to base your answers on your experience with these people during your illness. Use the following scale....

If partner, emphasize:

**Think about other family members and friends, other than your spouse or partner. Remember to base your responses on your experiences with these people in regard to your illness. Using this scale:**

1. **no one** would do this    ?
2. **someone might** do this
3. *some* family member/friend would **probably** do this
4. *some* family member/friend would **certainly** do this

How likely would your **family or friends....**

- |  |   |   |   |   |
|--|---|---|---|---|
| 1. tell you about the available choices and options (info)                 | 1 | 2 | 3 | 4 |
| 2. give you a ride if you needed one (instr)                               | 1 | 2 | 3 | 4 |
| 3. comfort you if you were upset (emo)                                     | 1 | 2 | 3 | 4 |
| 4. show you that they understood how you were feeling (emo)                | 1 | 2 | 3 | 4 |
| 5. give advice about what to do (info)                                     | 1 | 2 | 3 | 4 |
| 6. show affection to you (emo)   | 1 | 2 | 3 | 4 |
| 7. suggest how you could find out more about a situation (info)            | 1 | 2 | 3 | 4 |
| 8. help you decide what to do (info)                                       | 1 | 2 | 3 | 4 |
| 9. listen if you needed to talk about your feelings (emo)                  | 1 | 2 | 3 | 4 |
| 10. look after your belongings (house, pet, kids etc.) for a while (instr) | 1 | 2 | 3 | 4 |
| 11. give you reasons why you should or should not do something. (info)     | 1 | 2 | 3 | 4 |
| 12. run an errand for you (instr)  | 1 | 2 | 3 | 4 |
| 13. help you out with household chores                                     |   |   |   |   |

(cooking, cleaning, laundry) (instr)	1	2	3	4
14. help manage personal affairs (talk to other people for you, making appointments) (instr)	1	2	3	4
15. be sympathetic if you were upset (emo)	1	2	3	4