

People Who Help Us

We often need others for friendship, help as well as a range of other things. How often is each type of support below available when you need it? Circle ONE number per row

	Hardly/ None	Some Times	Nearly All The Time
Emotional / Informational support			
Someone you can count on to listen to you when you need to talk	1	2	3
Someone to give you information to help you understand a situation	1	2	3
Someone to give you good advice about a crisis	1	2	3
Someone to confide in or talk to about yourself or your problems	1	2	3
Some whose advice you really want	1	2	3
Someone to share your most private worries and fears with	1	2	3
Someone to turn to for suggestions about how to deal with a personal problem	1	2	3
Someone who understands your problems	1	2	3
Practical support			
Someone to help you if you were confined to bed	1	2	3
Someone to take you to the doctor if you needed it	1	2	3
Someone to prepare your meals If you were unable to do It yourself	1	2	3
Someone to help with daily chores if lyou were sick	1	2	3
Affectionate support			
Someone who shows you love and Affection	1	2	3
Someone to love and make you feel wanted	1	2	3

Someone who hugs you	1	2	3
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Positive social interaction

Someone to have a good time with	1	2	3
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Someone to get together with for relaxation	1	2	3
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Someone to do something enjoyable with	1	2	3
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Additional item

Someone to do things with to help you get your mind off things	1	2	3
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Derived from Rand MOS Social Support Survey Instrument Social Science and Medicine, v. 32, 1991, pp. 705-7141991