

SOCIAL SUPPORT LIST

English version of the Dutch 'Sociale Steun Lijst – Interacties' (SSL-I)
'Sociale Steun Lijst – Negatieve interacties' (SSL-N)
'Sociale Steun Lijst – Discrepanties' (SSL-D)

Copyright:
Eric van Sonderen
Research Institute SHARE

f.l.p.van.sonderen@umcg.nl

www.umcg.nl/EN/Research/InstitutesProgrammes/SHARE/researchtools/tools/Pages/SSL-ISSL-D.aspx

SSL-I (followed by SSL-N)

This is a questionnaire in which the term "people" is used frequently. By "people" is meant all the people you associate with, such as, your relatives, your friends, acquaintances, colleagues, etc.

You can choose from the following answers:

- 1. seldom or never
- 2. now and then
- 3. regularly
- 4. very often

DOES IT EVER HAPPEN TO YOU THAT PEOPLE:

	1	2	3	4
1. are affectionate towards you?	0	0	0	0
2. ask you for advice?	0	0	0	0
3. stand by you?	0	0	0	0
4. let you know what they expect from you?	0	0	0	0
5. give you a lift?	0	0	0	0
6. perk you up or cheer you up?	0	0	0	0
7. cuddle / hug you?	0	0	0	0
8. lend you a friendly ear?	0	0	0	0
9. ask you to join in?	0	0	0	0
10. give you a nudge in the right direction, as it were?	0	0	0	0
11. give you good advice?	0	0	0	0
12. lend you small things or a small amount of money?	0	0	0	0
13. just call you up or just chat to you?	0	0	0	0
14. pay you a compliment?	0	0	0	0
15. confide in you?	0	0	0	0
16. ask you for help?	0	0	0	0
17. tell you to persevere?	0	0	0	0
18. give you information where to get things from?	0	0	0	0
19. drop in for a (pleasant) visit?	0	0	0	0
20. provide you with help in special circumstances, such as: illness, moving home or taking care of the children?	0	0	0	0
21. lend you large things, such as a car or a considerable amount of money?	0	0	0	0
22. give you advice about various domestic problems?	0	0	0	0
23. go shopping, to the movies or sports matches, or just go out for the day with you?	0	0	0	0
24. show you that they are fond of you?	0	0	0	0
25. give you constructive criticism?	0	0	0	0
26. comfort you?	0	0	0	0
27. let you know why you did not do something well?	0	0	0	0
28. take your advice?	0	0	0	0
29. help you to clarify your problems?	0	0	0	0
30. emphasise your strong points?	0	0	0	0
31. talk to you about your behavior?	0	0	0	0
32. provide you with help in practical everyday things, such as household chores, odd jobs?	0	0	0	0
33. invite you to a party or to dinner?	0	0	0	0
34. reassure you?	0	0	0	0

SSL-N

35. react coolly?	0	0	0	0
36. don't keep their appointments with you?	0	0	0	0
37. make disapproving remarks towards you?	0	0	0	0
38. blame you for things?	0	0	0	0
39. treat you unjustly?	0	0	0	0
40. make unreasonable demands of you?	0	0	0	0
41. interfere with you too much?	0	0	0	0

SSL-D

This is a questionnaire in which the term "people" is used frequently. By "people" is meant all the people you associate with, such as, your relatives, your friends, acquaintances, colleagues, etc.

It is asked whether the event happens (much) less often, just as often or even more often than you like it. You can choose from the following answers:

1. I miss it, I would like it to happen more often
2. I don't really miss it, but it would be nice if it happened a bit more often
3. just right, I would not want it to happen more or less often
4. it happens too often, it would be nice if it happened less often

WHAT IS YOUR OPINION ABOUT THE EXTENT TO WHICH PEOPLE:	1	2	3	4
1. are affectionate towards you?	0	0	0	0
2. ask you for advice?	0	0	0	0
3. stand by you?	0	0	0	0
4. let you know what they expect from you?	0	0	0	0
5. give you a lift?	0	0	0	0
6. perk you up or cheer you up?	0	0	0	0
7. cuddle / hug you?	0	0	0	0
8. lend you a friendly ear?	0	0	0	0
9. ask you to join in?	0	0	0	0
10. give you a nudge in the right direction, as it were?	0	0	0	0
11. give you good advice?	0	0	0	0
12. lend you small things or a small amount of money?	0	0	0	0
13. just call you up or just chat to you?	0	0	0	0
14. pay you a compliment?	0	0	0	0
15. confide in you?	0	0	0	0
16. ask you for help?	0	0	0	0
17. tell you to persevere?	0	0	0	0
18. give you information where to get things from?	0	0	0	0
19. drop in for a (pleasant) visit?	0	0	0	0
20. provide you with help in special circumstances, such as: illness, moving home or taking care of the children?	0	0	0	0
21. lend you large things, such as a car or a considerable amount of money?	0	0	0	0
22. give you advice about various domestic problems?	0	0	0	0
23. go shopping, to the movies or sports matches, or just go out for the day with you?	0	0	0	0
24. show you that they are fond of you?	0	0	0	0
25. give you constructive criticism?	0	0	0	0
26. comfort you?	0	0	0	0
27. let you know why you did not do something well?	0	0	0	0
28. take your advice?	0	0	0	0
29. help you to clarify your problems?	0	0	0	0
30. emphasise your strong points?	0	0	0	0
31. talk to you about your behavior?	0	0	0	0
32. provide you with help in practical everyday things, such as household chores, odd jobs?	0	0	0	0
33. invite you to a party or to dinner?	0	0	0	0
34. reassure you?	0	0	0	0

SCALES

Interactions and discrepancies:

Scale:	Itemnr.:
Everyday emotional support	1,7,8,24
Emotional support with problems	3,6,10,11,17,26,29,34
Esteem support	2,14,15,16,28,30
Instrumental support	5,12,28,20,21,22,32
Social companionship	9,13,19,23,33
Informative support	4,25,27,31
Total	All items in subscales

Negative interactions:

Negative support	All items in SSL-N
------------------	--------------------

SCORING RULES

Interactions and negative interactions:

- just add the scores of all the items in the scale

Discrepancies:

- recode the itemscores: 1=3, 2=2, 3=1, 4=1
this recoding produces a score that represents the amount of deficit of desired support
- then add the scores of all the items in the scale