



Lab A10-2 Social Support Assessment and Profile

Part I. Do You Have Enough Social Support?

1. Do you belong to any of these kinds of groups? If yes, please indicate how much you take part in group activities. For example, *very active* means you attend most meetings; *somewhat active* means you attend meetings once in a while; *inactive* means that you belong, but hardly ever go to meetings.

	How much do you take part?				
	Do you belong?		Inactive	Somewhat active	Very active
	No	Yes			
a. A social or recreational group?	1	2	1	2	3
b. A labor union, commercial group, or professional association?	1	2	1	2	3
c. A political-party group or club?	1	2	1	2	3
d. A group concerned with children (such as P.T.A. or Boy Scouts)?	1	2	1	2	3
e. A group concerned with community betterment, charity, or service?	1	2	1	2	3
Aside from the above groups, do you belong to:					
f. A church-connected group?	1	2	1	2	3
g. A group concerned with a public issue such as civil liberties, property rights, etc.?	1	2	1	2	3
h. A group concerned with the environment, pollution, etc.?	1	2	1	2	3
i. A group concerned with self-improvement that meets regularly?	1	2	1	2	3
j. Any other groups?	1	2	1	2	3

2. How many close friends (people you feel at ease with, can talk to about private matters, and can call on for help) do you have? Circle one: None 1 2 3 4 5 6 7 8 9 10 or more
3. How many relatives do you have that you feel close to?
Circle one: None 1 2 3 4 5 6 7 8 9 10 or more
4. How many of these friends or relatives do you see at least once a month?
Circle one: None 1 2 3 4 5 6 7 8 9 10 or more
5. About how often do you see any close relatives or friends?
- | | | | | | |
|---|-----------------------|---|------------------------|---|---------------------|
| 5 | More than once a week | 4 | Once a week | 3 | A few times a month |
| 2 | Once a month | 1 | Less than once a month | | |
6. How often are you on the telephone with any close friends or relatives?
- | | | | | | |
|---|-----------------------|---|------------------------|---|---------------------|
| 5 | More than once a week | 4 | Once a week | 3 | A few times a month |
| 2 | Once a month | 1 | Less than once a month | | |
7. How often do you exchange letters or e-mail with any close relatives or friends?
- | | | | | | |
|---|---------------------|---|---------------------|---|--------------|
| 5 | Once a week or more | 4 | A few times a month | 3 | Once a month |
| 2 | A few times a year | 1 | Once a year or less | | |

(over)

LAB A10-2 (continued)

Scoring: Add up the numbers you circled.

70 or more = High Support, which suggests that you have a well-developed social support structure to counter the negative effects of stress.

40–69 = Moderate Support, which suggests that you have sufficient areas of social support to counter the negative effects of stress.

Less than 40 = Low Support, which suggests that you lack the minimum support structure to counter the negative effects of stress.

Refer to Chapter 10 in your text for suggestions on how to build your social support network.

Part II. Your Social Support Profile

Learn more about your network of social support by completing a social support profile. For each type of support listed below, check or list the people who most often provide that type of support for you. Put an asterisk in the box if that person reciprocates by coming to you for the same type of support.

TYPE OF SUPPORT	Emotional Someone you can trust with your most intimate thoughts and fears	Social Someone with whom you can hang out and share life experiences	Informational Someone you can ask for advice on major decisions	Practical Someone who will help you out in a pinch
Partner				
Relative				
Friend				
Neighbor				
Coworker or boss				
Therapist or minister				