

## 12 item Interpersonal Support Evaluation List

This scale is made up of a list of statements each of which may or may not be true about you. For each statement check “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 check “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 (e.g., to the mountains, beach, or country), I would have a hard time finding someone to go with me.  
\_\_\_\_ definitely true    \_\_\_\_ probably true    \_\_\_\_ probably false    \_\_\_\_ definitely false
  
2. I feel that there is no one I can share my most private worries and fears with.  
\_\_\_\_ definitely true    \_\_\_\_ probably true    \_\_\_\_ probably false    \_\_\_\_ definitely false
  
3. If I were sick, I could easily find someone to help me with my daily chores.  
\_\_\_\_ definitely true    \_\_\_\_ probably true    \_\_\_\_ probably false    \_\_\_\_ definitely false
  
4. There is someone I can turn to for advice about handling problems with my family.  
\_\_\_\_ definitely true    \_\_\_\_ probably true    \_\_\_\_ probably false    \_\_\_\_ definitely false
  
5. 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.  
\_\_\_\_ definitely true    \_\_\_\_ probably true    \_\_\_\_ probably false    \_\_\_\_ definitely false
  
6. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.  
\_\_\_\_ definitely true    \_\_\_\_ probably true    \_\_\_\_ probably false    \_\_\_\_ definitely false
  
7. I don't often get invited to do things with others.  
\_\_\_\_ definitely true    \_\_\_\_ probably true    \_\_\_\_ probably false    \_\_\_\_ definitely false

8. 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.).

\_\_\_ definitely true \_\_\_ probably true \_\_\_ probably false \_\_\_ definitely false

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

\_\_\_ definitely true \_\_\_ probably true \_\_\_ probably false \_\_\_ definitely false

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

\_\_\_ definitely true \_\_\_ probably true \_\_\_ probably false \_\_\_ definitely false

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

\_\_\_ definitely true \_\_\_ probably true \_\_\_ probably false \_\_\_ definitely false

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

\_\_\_ definitely true \_\_\_ probably true \_\_\_ probably false \_\_\_ definitely false