

# Interpersonal Support Evaluation List (ISEL-12) Score

Please complete the survey below.

Thank you!

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Instructions: This scale is made up of a list of statements each of which may or may not be true about you. For each statement choose "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 choose "definitely false" if you are sure the statement is false and "probably false" if you think it is false but are not absolutely certain.

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**Reverse coding has already been applied for scoring purposes.**

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1. If I wanted to go on a trip for a day (for example, to the country or mountains), I would have a hard time finding someone to go with me.

definitely false    probably false    probably true    definitely true

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2. I feel that there is no one I can share my most private worries and fears with.

definitely false    probably false    probably true    definitely true

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3. If I were sick, I could easily find someone to help me with my daily chores.

definitely false    probably false    probably true    definitely true

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4. There is someone I can turn to for advice about handling problems with my family.

definitely false    probably false    probably true    definitely true

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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 false    probably false    probably true    definitely true

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6. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.

definitely false    probably false    probably true    definitely true

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7. I don't often get invited to do things with others.

definitely false    probably false    probably true    definitely true

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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 false    probably false    probably true    definitely true

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

definitely false    probably false    probably true    definitely true

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

definitely false    probably false    probably true    definitely true

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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 false    probably false    probably true    definitely true

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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 false    probably false    probably true    definitely true

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Appraisal Score

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Belonging Score

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Tangible Score

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Total Score

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Cohen S, Mermelstein R, Kamarck T, Hoberman HM. Measuring the functional components of social support. In: Sarason IG, Sarason BR, editors. Social support: theory, research, and applications. Martinus Nijhoff; The Hague, Holland: 1973.