

Perceived Social Support – Friend Scale (PSS-Fr)

The statements which follow refer to feelings and experiences which occur to most people at one time or another in their relationship with *friends*. For each statement there are three possible answers: Yes, No, Don't know. Please circle the answer you choose for each item.

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|-----|----|------------|--|
| Yes | No | Don't know | 1. My friends give me the moral support I need. |
| Yes | No | Don't know | 2. Most other people are closer to their friends than I am. |
| Yes | No | Don't know | 3. My friends enjoy hearing about what I think. |
| Yes | No | Don't know | 4. When I confide in the friends who are closest to me, I get the idea that it makes them uncomfortable. |
| Yes | No | Don't know | 5. I rely on my friends for emotional support. |
| Yes | No | Don't know | 6. If I felt that one or more of my friends were upset with me, I'd just keep it to myself. |
| Yes | No | Don't know | 7. I feel that I'm on the fringe in my circle of friends. |
| Yes | No | Don't know | 8. There is a friend I could go to if I were just feeling down, without feeling funny about it later. |
| Yes | No | Don't know | 9. My friends and I are very open about what we think about things. |
| Yes | No | Don't know | 10. My friends are sensitive to my personal needs. |
| Yes | No | Don't know | 11. My friends come to me for emotional support. |
| Yes | No | Don't know | 12. My friends are good at helping me solve problems. |
| Yes | No | Don't know | 13. I have a deep sharing relationship with a number of friends. |
| Yes | No | Don't know | 14. My friends get good ideas about how to do things or make things from me. |
| Yes | No | Don't know | 15. When I confide in friends, it makes me feel uncomfortable. |
| Yes | No | Don't know | 16. My friends seek me out for companionship. |

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|-----|----|------------|---|
| Yes | No | Don't know | 17. I think that my friends feel that I'm good at helping them solve problems. |
| Yes | No | Don't know | 18. I don't have a relationship with a friend that is as intimate as other people's relationships with friends. |
| Yes | No | Don't know | 19. I've recently gotten a good idea about how to do something from a friend. |
| Yes | No | Don't know | 20. I wish my friends were much different. |

Sample

Perceived Social Support – Family Scale (PSS-Fa)

The statements which follow refer to feelings and experiences which occur to most people at one time or another in their relationship with their *families*. For each statement there are three possible answers: Yes, No, Don't know. Please circle the answer you choose for each item.

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|-----|----|------------|--|
| Yes | No | Don't know | 1. My family gives me the moral support I need. |
| Yes | No | Don't know | 2. I get good ideas about how to do things or make things from my family. |
| Yes | No | Don't know | 3. Most other people are closer to their family than I am. |
| Yes | No | Don't know | 4. When I confide in the member of my family who are closest to me, I get the idea that it makes them uncomfortable. |
| Yes | No | Don't know | 5. My family enjoy hearing about what I think |
| Yes | No | Don't know | 6. Members of my family share many of my interests. |
| Yes | No | Don't know | 7. Certain members of my family come to me when they have problems or need advice. |
| Yes | No | Don't know | 8. I rely on my family for emotional support. |
| Yes | No | Don't know | 9. There is a member of my family I could go to if I were just feeling down, without feeling funny about it later. |
| Yes | No | Don't know | 10. My family and I are very open about what we think about things. |
| Yes | No | Don't know | 11. My family is sensitive to my personal needs. |
| Yes | No | Don't know | 12. Members of my family come to me for emotional support. |
| Yes | No | Don't know | 13. Member of my family are good at helping me solve problems. |
| Yes | No | Don't know | 14. I have a deep sharing relationship with a number of members of my family. |
| Yes | No | Don't know | 15. Members of my family get good ideas about how to do things or make things from me. |

Yes	No	Don't know	16. When I confide in members of my family, it makes me feel uncomfortable.
Yes	No	Don't know	17. Members of my family seek me out for companionship.
Yes	No	Don't know	18. I think that members of my family feel that I'm good at helping them solve problems.
Yes	No	Don't know	19. I don't have a relationship with a member of my family that is as intimate as other people's relationships with family members.
Yes	No	Don't know	20. I wish my family were much different.