

Assessment:

Inventory of Socially Supportive Behaviors (ISSB)

Scale items:

1. Looked after a family member when you were away.
2. Was right there with you (physically) in a stressful situation.
3. Provided you with a place where you could get away for awhile.
4. Watched after your possessions when you were away (pets, plants, home, apartment, etc.).
5. Told you what she/he did in a situation that was similar to yours.
6. Did some activity together to help you get your mind off of things.
7. Talked with you about some interests of yours.
8. Let you know that you did something well.
9. Went with you to someone who could take action.
10. Told you that you are OK just the way you are
11. Told you that she/he would keep the things that you talk about private-just between the two of you.
12. Assisted you in setting a goal for yourself.
13. Made it clear what was expected of you.
14. Expressed esteem or respect for a competency or personal quality of yours.
15. Gave you some information on how to do something.
16. Suggested some action that you should take.
17. Gave you over \$25.
18. Comforted you by showing you some physical affection.
19. Gave you some information to help you understand a situation you were in.
20. Provided you with some transportation.
21. Checked back with you to see if you followed the advice you were given.
22. Gave you under \$25.
23. Helped you understand why you didn't do something well.
24. Listened to you talk about your private feelings.
25. Loaned or gave you something (a physical object other than money) that you needed.
26. Agreed that what you wanted to do was right.
27. Said things that made your situation clearer and easier to understand.
28. Told you how he/she felt in a situation that was similar to yours.
29. Let you know that he/she will always be around if you need assistance.
30. Expressed interest and concern in your well-being.
31. Told you that she/he feels very close to you.
32. Told you who you should see for assistance.
33. Told you what to expect in a situation that was about to happen.
34. Loaned you over \$25
35. Taught you how to do something.
36. Gave you feedback on how you were doing without saying it was good or bad.
37. Joked and kidded to try to cheer you up.
38. Provided you with a place to stay.
39. Pitched in to help you do something that needed to be done.
40. Loaned you under \$25.

RATE THE FREQUENCY OF EVENTS USING THE FOLLOWING RESPONSE CATEGORIES.

- 1. Not at all**
- 2. Once or twice**
- 3. About once a week**
- 4. Several times a week**
- 5. About every day**

Note: Items followed by an R should be reversed when coding.