

Assessment:

Medical Outcomes Study (MOS) Social Support Survey

People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it?

Response categories:

None of the time

A little of the time

Some of the time

Most of the time

All of the time

Emotional/informational support

1. Someone you can count on to listen to when you need to talk
2. Someone to give you information to help you understand a situation.
3. Someone to give you good advice about a crisis
4. Someone to confide in or talk to about yourself or your problems
5. Someone whose advice you really want
6. Someone to share your most private worries and fears with
7. Someone to turn to for suggestions about how to deal with a personal problem
8. Someone who understands your problems

Tangible Support

9. Someone to help you if you were confined to bed
10. Someone to take you to the doctor if you needed it

11. Someone to prepare your meals if you were unable to do it yourself
12. Someone to help with daily chores if you were sick

Affectionate Support

13. Someone who shows you love and affection
14. Someone to love you and make you feel wanted
15. Someone who hugs you

Positive Social Interaction

16. Someone to have a good time with
17. Someone to get together with for relaxation
18. Someone to do something enjoyable with

Additional item

19. Someone to do things with to help you get your minds off things.