

Assessment:

Social Support for Adolescents Scale (SSAS)

Scale instructions:

The respondent is asked three questions about seven individuals that may be in their life. A category for other persons can be included. However, the authors only provide data analyses for seven people as rated by the participants in their study.

The first question is used to assess emotional social support:

1. When you go to talk about a personal problem, how helpful is each of the following people?

The second question is used to assess instrumental social support.

2. When you need money and other things, how helpful is each of the following people?

The final question can be used to assess the respondents satisfaction with the person being rated.

3. How much do you have fun with each of the following people?

Each of the following types of people that may be in the adolescents' life are shown here:

1. Group of close friends
2. Kids your age
3. Father
4. Mother
5. Sisters/brothers
6. Principal/assistant principal
7. Teacher
8. Other people (Other categories used in previous studies include: Guidance counselors, adult not mentioned above, etc.)

RESPONSE FORMAT - TO BE USED FOR ALL THREE QUESTION TYPES

- 1. Not at all**
- 2. Somewhat**
- 3. A great deal**