



Brief 2-Way Social Support Scale (Brief 2-Way SSS)

Instructions:

The following statements relate to your experience of giving or receiving social support. Please read each statement and then indicate the degree to which the statement is generally true for you from not at all (0) to always (5).

		0 - Not at all	1	2	3	4	5 - Always
1	If stranded somewhere there is someone who would get me	0	1	2	3	4	5
2	I help others when they are too busy to get everything done	0	1	2	3	4	5
3	People confide in me when they have problems	0	1	2	3	4	5
4	I am a person others turn to for help with tasks	0	1	2	3	4	5
5	I give others a sense of comfort in times of need	0	1	2	3	4	5
6	There is someone in my life I can get emotional support from	0	1	2	3	4	5
7	People close to me tell me their fears and worries	0	1	2	3	4	5
8	I have helped someone with their responsibilities when they were unable to fulfil them.	0	1	2	3	4	5
9	When I am feeling down there is someone I can lean on	0	1	2	3	4	5
10	There is at least one person that I can share most things with	0	1	2	3	4	5
11	I have someone to help me if I am physically unwell	0	1	2	3	4	5
12	There is someone who can help me fulfil my responsibilities when I am unable	0	1	2	3	4	5

Developer Reference:

Obst, P., Shakespeare-Finch, J., Krosch, D. J., & Rogers, E. J. (2019). Reliability and validity of the Brief 2-Way Social Support Scale: an investigation of social support in promoting older adult well-being. *SAGE open medicine*, 7, 2050312119836020.



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