



UNC CFAR Social and Behavioral Science Research Core SABI Database

INSTRUMENT TITLE: *Social Support Questionnaire-Short Form*

SOURCE ARTICLE: Sarason, I. G., Sarason, B. R., Shearin, E. N., & Pierce, G. R. (1987). A brief measure of social support: Practical and theoretical implications. *Journal of social and personal relationships*, 4(4), 497-510.

POPULATION: Students

RESPONSE OPTIONS:

Identify the number of individuals available for support in each situation (number items), then rank the level of satisfaction with the support on a 6-point Likert scale from “very dissatisfied” to “very satisfied” (satisfaction items).

SCORING: N/A

SURVEY ITEMS:

1. Whom can you really count on to distract you from your worries when you feel under stress?
2. Whom can you really count on to help you feel more relaxed when you are under pressure or tense?
3. Who accepts you totally, including both your worst and best points?
4. Whom can you really count on to care about you, regardless of what is happening to you?
5. Whom can you really count on to help you feel better when you are feeling generally down-in-the-dumps?
6. Whom can you count on to console you when you are very upset?

TERMS OF USE:

Individuals may use this information for research or educational purposes only and may not use this information for commercial purposes. When using this instrument, please cite:

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When presenting results using any survey information you obtained from the SABI, please acknowledge the University of North Carolina at Chapel Hill Center for AIDS Research (CFAR), an NIH funded program P30 AI50410.



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RELIABILITY INFORMATION: Cronbach's $\alpha = 0.90-0.93$

VALIDITY INFORMATION: Factor analysis conducted for number and satisfaction items.

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