

INTERPERSONAL SUPPORT EVALUATION LIST

shortened version -12 items

Reference:

Cohen S., Mermelstein R., Kamarck T., & Hoberman, H.M. (1985). Measuring the functional components of social support. In Sarason, I.G. & Sarason, B.R. (Eds), *Social support: theory, research, and applications*. The Hague, Netherlands: Martinus Nijhoff.

Description of Measure:

A 12-item measure of perceptions of social support. This measure is a shortened version of the original ISEL (40 items; Cohen & Hoberman, 1983). This questionnaire has three different subscales designed to measure three dimensions of perceived social support. These dimensions are:

- 1.) Appraisal Support
- 2.) Belonging Support
- 3.) Tangible Support

Each dimension is measured by 4 items on a 4-point scale ranging from “Definitely True” to “Definitely False”.

Abstracts of Selected Related Articles:

Cohen, S., & Hoberman, H. (1983). Positive events and social supports as buffers of life change stress. *Journal of Applied Social Psychology*, 13, 99-125.

50-70 college students were administered a test battery that included a newly developed measure of perceived availability of support (the Interpersonal Support Evaluation List) and measures of life events, depression, and physical symptoms. Both perceived availability of social support (SS) and number of positive events (PEs) moderated the relationship between negative life stress and depressive and physical symptomatology. In the case of depressive symptoms, the data fit a "buffering" hypothesis pattern, suggesting that both SS and PEs protect one from the pathogenic effects of high levels of life stress but are relatively unimportant for those with low levels of stress. In the case of physical symptoms, the data only partially support the buffering hypothesis, suggesting that both SS and PEs protect one from the pathogenic effects of high levels of stress but harm those (i.e., are associated with increased symptomatology) with low levels of stress. Further analyses suggest that self-esteem and appraisal support were primarily responsible for the reported interactions between negative life stress and SS.

Pantelidou, S. & Craig, T. K. J. (2006). Culture shock and social support. *Social Psychiatry and Psychiatric Epidemiology*, 41, 777-781.

Background Culture shock is a form of psychological distress associated with migration. Social support has been identified as significantly related to the onset,

course and outcome of many psychological disorders. **Aim** The aim of this study was to examine the relationship between culture shock and social support, in terms of size, diversity of the social network and quality of support received, in Greek students, in the UK. **Method** A total of 133 students completed 3 self-administered questionnaires: Culture Shock Questionnaire, Social Support Questionnaire and General Health Questionnaire (GHQ-12). **Results** Gender and the quality of support received were found to be strongly associated with culture shock. Furthermore, culture shock was significantly positively related to the level of current dysphoria and diminished with time. **Conclusion** Social support is an important factor associated with the degree of culture shock and should be taken into consideration in order to protect against or help to overcome this kind of psychological distress experienced by migrants.

Minnebo, J. (2005). Psychological distress, perceived social support, and television viewing for reasons of companionship: A test of the compensation hypothesis in a population of crime victims. *Communications, 30*, 233-250.

Becoming a crime victim is often associated with the development of psychological distress symptoms. In turn, these symptoms have been found to be related to a decrease in perceived social support by the victim. From a uses and gratifications point of view, the increase in distress and the decrease in perceived social support could well affect a victim's television use. Furthermore, the compensation hypothesis (Davis & Kraus, 1989) proposes that people with little social contact use mass media to compensate for social isolation. It could therefore be hypothesized that increased use of television for reasons of companionship is related to higher levels of psychological distress and lower levels of perceived social support. The present study used a structural equation model to test this hypothesis. The sample consisted of 212 Flemish victims of crime. The results confirm the proposed relationships and hypotheses. Directions for future research are discussed.

Scale:

Instructions: This scale is made up of a list of statements each of which may or may not be true about you. For each statement circle "definitely true" if you are sure it is true about you and "probably true" if you think it is true but are not absolutely certain. Similarly, you should circle "definitely false" if you are sure the statement is false and "probably false" if you think it is false but are not absolutely certain.

1. If I wanted to go on a trip for a day (for example, to the country or mountains), I would have a hard time finding someone to go with me.

1. definitely false 2. probably false 3. probably true 4. definitely true

2. I feel that there is no one I can share my most private worries and fears with.

1. definitely false 2. probably false 3. probably true 4. definitely true

3. If I were sick, I could easily find someone to help me with my daily chores.

1. definitely false 2. probably false 3. probably true 4. definitely true

4. There is someone I can turn to for advice about handling problems with my family.

1. definitely false 2. probably false 3. probably true 4. definitely true

5. If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.

1. definitely false 2. probably false 3. probably true 4. definitely true

6. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.

1. definitely false 2. probably false 3. probably true 4. definitely true

7. I don't often get invited to do things with others.

1. definitely false 2. probably false 3. probably true 4. definitely true

8. If I had to go out of town for a few weeks, it would be difficult to find someone who would look after my house or apartment (the plants, pets, garden, etc.).

1. definitely false 2. probably false 3. probably true 4. definitely true

9. If I wanted to have lunch with someone, I could easily find someone to join me.

1. definitely false 2. probably false 3. probably true 4. definitely true

10. If I was stranded 10 miles from home, there is someone I could call who could come and get me.

1. definitely false 2. probably false 3. probably true 4. definitely true

11. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.

1. definitely false 2. probably false 3. probably true 4. definitely true

12. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.

1. definitely false 2. probably false 3. probably true 4. definitely true

Scoring:

Items 1, 2, 7, 8, 11, 12 are reverse scored.

Items 2, 4, 6, 11 make up the Appraisal Support subscale

Items 1, 5, 7, 9 make up the Belonging Support subscale

Items, 3, 8, 10, 12 make up the Tangible Support subscale.

All scores are kept continuous.