

Interpersonal Support Evaluation List (ISEL) – General Population

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 check “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 check “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. There are several people that I trust to help solve my problems.
 definitely true (3) definitely false (0)
 probably true (2) probably false (1)
2. If I needed help fixing an appliance or repairing my car, there is someone who would help me.
 definitely true (3) definitely false (0)
 probably true (2) probably false (1)
3. Most of my friends are more interesting than I am.
 definitely true (3) definitely false (0)
 probably true (2) probably false (1)
4. There is someone who takes pride in my accomplishments.
 definitely true (3) definitely false (0)
 probably true (2) probably false (1)
5. When I feel lonely, there are several people I can talk to.
 definitely true (3) definitely false (0)
 probably true (2) probably false (1)
6. There is no one that I feel comfortable to talking about intimate personal problems.
 definitely true (3) definitely false (0)
 probably true (2) probably false (1)
7. I often meet or talk with family or friends.
 definitely true (3) definitely false (0)
 probably true (2) probably false (1)
8. Most people I know think highly of me.
 definitely true (3) definitely false (0)
 probably true (2) probably false (1)
9. If I needed a ride to the airport very early in the morning, I would have a hard time finding someone to take me.
 definitely true (3) definitely false (0)
 probably true (2) probably false (1)
10. I feel like I’m not always included by my circle of friends.
 definitely true (3) definitely false (0)
 probably true (2) probably false (1)

11. There really is no one who can give me an objective view of how I'm handling my problems.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
12. There are several different people I enjoy spending time with.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
13. I think that my friends feel that I'm not very good at helping them solve their problems.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
14. If I were sick and needed someone (friend, family member, or acquaintance) to take me to the doctor, I would have trouble finding someone.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
15. If I wanted to go on a trip for a day (e.g., to the mountains, beach, or country), I would have a hard time finding someone to go with me.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
16. If I needed a place to stay for a week because of an emergency (for example, water or electricity out in my apartment or house), I could easily find someone who would put me up.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
17. I feel that there is no one I can share my most private worries and fears with.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
18. If I were sick, I could easily find someone to help me with my daily chores.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
19. There is someone I can turn to for advice about handling problems with my family.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
20. I am as good at doing things as most other people are.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
21. 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.

___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)

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

___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)

23. If I needed an emergency loan of \$100, there is someone (friend, relative, or acquaintance) I could get it from.

___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)

24. In general, people do not have much confidence in me.

___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)

25. Most people I know do not enjoy the same things that I do.

___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)

26. There is someone I could turn to for advice about making career plans or changing my job.

___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)

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

___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)

28. Most of my friends are more successful at making changes in their lives than I am.

___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)

29. 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.).

___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)

30. There really is no one I can trust to give me good financial advice.

___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)

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

___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)

32. I am more satisfied with my life than most people are with theirs.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
33. If I was stranded 10 miles from home, there is someone I could call who would come and get me.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
34. No one I know would throw a birthday party for me.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
35. It would be difficult to find someone who would lend me their car for a few hours.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
36. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
37. I am closer to my friends than most other people are to theirs.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
38. There is at least one person I know whose advice I really trust.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
39. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)
40. I have a hard time keeping pace with my friends.
___ definitely true (3) ___ definitely false (0)
___ probably true (2) ___ probably false (1)

Scoring

The ISEL consists of a list of 40 statements concerning the perceived availability of potential social resources. The items are counterbalanced for desirability that is, half the items are positive statements about social relationships (e.g., "If I needed help fixing an appliance or repairing my car, there is someone who would help me."), while half are negative statements (e.g., "I don't often get invited to do things with others.").

The ISEL was designed to assess the perceived availability of four separate functions of social support as well as providing an overall support measure. The items which comprise the ISEL fall into four 10-item subscales. The "tangible" subscale is intended to measure perceived availability of material aid; the "appraisal" subscale, the perceived availability of someone to talk to about one's problems; the "self-esteem" subscale, the perceived availability of a positive comparison when comparing one's self to others; and the "belonging" subscale, the perceived availability of people one can do things with. Subscale independence was maximized by selecting items (from a larger item pool) which were highly correlated with items in their own subscale and at the same time minimally correlated with other subscales.

Appraisal items: 1, 6, 11, 17, 19, 22, 26, 30, 36, 38

Tangible items: 2, 9, 14, 16, 18, 23, 29, 33, 35, 39

Self-esteem items: 3, 4, 8, 13, 20, 24, 28, 32, 37, 40

Belonging items: 5, 7, 10, 12, 15, 21, 25, 27, 31, 34

Items that are reverse-coded: 3, 6, 9, 10, 11, 13, 14, 15, 17, 24, 25, 27, 28, 29, 30, 34, 35, 36, 39, 40.