

Social Provisions Scale

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Instructions: In answering the following questions, think about your current relationships with friends, family members, co-workers, community members, and so on. Please indicate to what extent each statement describes your current relationships with other people. Use the following scale to indicate your opinion.

STRONGLY DISAGREE DISAGREE AGREE STRONGLY AGREE
1 2 3 4

So, for example, if you feel a statement is very true of your current relationships, you would respond with a 4 (strongly agree). If you feel a statement clearly does not describe your relationships, you would respond with a 1 (strongly disagree).

	<u>Rating</u>
1. There are people I can depend on to help me if I really need it.	_____
2. I feel that I do not have close personal relationships with other people.	_____
3. There is no one I can turn to for guidance in times of stress.	_____
4. There are people who depend on me for help.	_____
5. There are people who enjoy the same social activities I do.	_____
6. Other people do not view me as competent.	_____
7. I feel personally responsible for the well-being of another person.	_____
8. I feel part of a group of people who share my attitudes and beliefs.	_____
9. I do not think other people respect my skills and abilities.	_____
10. If something went wrong, no one would come to my assistance.	_____
11. I have close relationships that provide me with a sense of emotional security and well-being.	_____
12. There is someone I could talk to about important decisions in my life.	_____
13. I have relationships where my competence and skill are recognized.	_____
14. There is no one who shares my interests and concerns.	_____
15. There is no one who really relies on me for their well-being.	_____
16. There is a trustworthy person I could turn to for advice if I were having problems.	_____
17. I feel a strong emotional bond with at least one other person.	_____
18. There is no one I can depend on for aid if I really need it.	_____
19. There is no one I feel comfortable talking about problems with.	_____
20. There are people who admire my talents and abilities.	_____

- 21. I lack a feeling of intimacy with another person. _____
- 22. There is no one who likes to do the things I do. _____
- 23. There are people who I can count on in an emergency. _____
- 24. No one needs me to care for them. _____

Scoring:

A score for each social provision is derived such that a high score indicates that the individual is receiving that provision. Items that are asterisked should be reversed before scoring (i.e., 4=1, 3=2, 2=3, 1=4).

- 1. Guidance: 3*, 12, 16, 19*
- 2. Reassurance of Worth: 6*, 9*, 13, 20
- 3. Social Integration: 5, 8, 14*, 22*
- 4. Attachment: 2*, 11, 17, 21 *
- 5. Nurturance: 4, 7, 15*, 24*
- 6. Reliable Alliance: 1, 10*, 18*, 23