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.

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<tr>
<th>STRONGLY DISAGREE</th>
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<tr>
<td>1</td>
<td>2</td>
<td>3</td>
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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).

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