



Centre for Addiction and Mental Health
Centre de toxicomanie et de santé mentale

Program # : _____

Your Name: _____

Counsellor: _____

Date: _____

PERCEIVED SOCIAL SUPPORT

*DIRECTIONS: The statements which follow refer to feelings and experiences which occur to most people at one time or another in their relationships with family or friends. For each statement there are three possible answers. Yes, No, Don't Know. **Please check** the answer you choose for each item.*

<i>Family Items</i>		Yes	No	Don't Know
	My family gives me the moral support I need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Most other people are closer to their family than I am.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I rely on my family for emotional support.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	My family and I are very open about what we think about things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	My family is sensitive to my personal needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Members of my family are good at helping me solve problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I wish my family were much different.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	TOTAL FAMILY SCORE			
<i>Friends Items</i>		Yes	No	Don't Know
	My friends give me the moral support I need.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	Most other people are closer to their friends than I am.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I rely on my friends for emotional support.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	My friends and I are very open about what we think about things.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	My friends are sensitive to my personal needs.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	My friends are good at helping me solve problems.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	I wish my friends were much different.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
	TOTAL FRIENDS SCORE			