

Social support

The OSLO 3-item social support scale

"In the following I will make 3 questions about how you experience your social relationships. I emphasise that I am inquiring about your immediate, personal experience. Choose one of the options I give for each question."

1) How many people are so close to you that you can count on them if you have serious personal problems (choose one option)?

1. None
2. 1 or 2
3. 3-5
4. More than 5

2) How much concern do people show in what you are doing (choose one option)?

5. A lot of concern and interest
4. Some concern and interest
3. Uncertain
2. Little concern and interest
1. No concern and interest

3) How easy is it to get practical help from neighbours if you should need it (choose one option)?

5. Very easy
4. Easy
3. Possible
2. Difficult
1. Very difficult