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|  | Medical Outcome Study Social Support Survey: Emotional/ Informational Support |
|  | People sometimes look to others for companionship, assistance, or other types of support. How often is each of the following kinds of support available to you if you need it? Please select your situation. | None of the time | A little of the time | Some of the time | Most of the time | All of the time |
|  | Someone you can count on to listen to you when you need to talk | 1 | 2 | 3 | 4 | 5 |
|  | Someone to give you information to help you understand a situation | 1 | 2 | 3 | 4 | 5 |
|  | Someone to give you good advice about a crisis | 1 | 2 | 3 | 4 | 5 |
|  | Someone to confide in or talk to about yourself or your problems | 1 | 2 | 3 | 4 | 5 |
|  | Someone whose advice you really want | 1 | 2 | 3 | 4 | 5 |
|  | Someone to share your most private worries and fears with | 1 | 2 | 3 | 4 | 5 |
|  | Someone to turn to for suggestions about how to deal with a personal problem | 1 | 2 | 3 | 4 | 5 |
|  | Someone who understands your problems | 1 | 2 | 3 | 4 | 5 |