

ISEL (Interpersonal Support Evaluation List)

Instructions: This scale is made up of a list of statements each of which may or may not be true about you. For each statement write 4 for "definitely true" if you are sure it is true about you and 3 for "probably true" if you think it is true but are not absolutely certain. Similarly, you should write 1 for "definitely false" if you are sure the statement is false and 2 for "probably false" if you think it is false but are not absolutely certain.

1 = Definitely False

2 = Probably False

3 = Probably True

4 = Definitely True

- _____ 1. If I wanted to go on a trip for a day (for example, to the country or mountains), I would have a hard time finding someone to go with me.
- _____ 2. I feel that there is no one I can share my most private worries and fears with.
- _____ 3. If I were sick, I could easily find someone to help me with my daily chores.
- _____ 4. There is someone I can turn to for advice about handling problems with my family.
- _____ 5. If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.
- _____ 6. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.
- _____ 7. I don't often get invited to do things with others.
- _____ 8. If I had to go out of town for a few weeks, it would be difficult to find someone who would look after my house or apartment (the plants, pets, garden, etc.).
- _____ 9. If I wanted to have lunch with someone, I could easily find someone to join me.
- _____ 10. If I was stranded 10 miles from home, there is someone I could call who could come and get me.
- _____ 11. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.
- _____ 12. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.