

Inventory of Social Reliance

(Inventarisatielijst Sociale Betrokkenheid: ISB)

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Name: _____

Date of birth: _____

Sex: male/female

Years of education: _____

Date: _____

- Marital Status :
- single
 - living together
 - married
 - divorced
 - widower

Instruction.

The following questions and statements refer to your social life and relationships the past six months.

Take your time when you work from one question or statement to the next. There is no right or wrong answer; it is rather your first impression that matters.

A. Social life.

1. How many people in your neighborhood you are so familiar with that you visit each other at home?

Proceed as follows: make a list of the first names of these persons and count these. Next add this number in the following statement:

I have people that I visit and who visit me at home.

2. How many people you consider as good friends, that is to say, people with whom you feel at ease and who you can talk to about matters concerning yourself (you may include relatives)?

Proceed as follows: make a list of the first names of these persons and count these. Next add this number in the following statement:

I have good friends.

B. Relationships

3. The following statements refer to your relationships the past six months.

Please indicate your agreement with each statement. Use the following answer key:

1 = almost never, 2 = sometimes, 3 = often and 4 = almost always. There are no right or wrong answers; it only matters what you think you would do. Circle the number that best seems to fit you.

	Almost never	some- times	often	almost always
a. I speak confidently with others.	1	2	3	4
b. Others come to me for support and advice.	1	2	3	4
c. Friends and relatives visit me.	1	2	3	4
d. When I am tensed or under pressure, there is somebody to help me.	1	2	3	4
e. When I have a pleasant experience, there is someone I can share it with.	1	2	3	4
f. When I am in pain, there is someone who supports me.	1	2	3	4
g. I discuss personal problems with others.	1	2	3	4
h. I visit friends or relatives.	1	2	3	4
i. Others come to me with their personal problems.	1	2	3	4
j. When I am sad there is someone to share it with me.	1	2	3	4
k. When I need help with tasks I cannot perform, there is someone to help me.	1	2	3	4

Please check if you answered all statements!