**Perceived Social Support Questionnaire**

Indicate how often you feel the way described in each of the following statements. Circle one  
number for each.

1 2 3 4

Not at all Rarely Sometimes Very often

1. There are people in my surrounding that I can speak to openly even about the most intimate things

1 2 3 4

1. I have friends who will remain real friends even if I get into trouble

1 2 3 4

1. There are people who will offer me concrete help (such as lend me money) if I get into trouble

1 2 3 4

1. People around me give me the feeling that I am a loved person

1 2 3 4

1. There are people who respect and appreciate me

1 2 3 4

1. I am very satisfied with the assistance I am receiving

1 2 3 4

1. In general I am very dissatisfied with my social relationships

1 2 3 4