Emotional Support – Short Form 8a

Please respond to each item by marking one box per row.

		Never	Rarely	Sometimes	Usually	Always
FSE31053x2	I have someone who will listen to me when I need to talk	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
FSE31059x2	I have someone to confide in or talk to about myself or my problems	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SS12x	I have someone who makes me feel appreciated	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SSQ3x2	I have someone to talk with when I have a bad day	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
FSE31069x2	I have someone who understands my problems.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SSE-CaPS6	I have someone I trust to talk with about my feelings.....	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
FSE31066x2	I have someone with whom to share my most private worries and fears	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5
SSQ4x2	I have someone I trust to talk with about my problems	☐ 1	☐ 2	☐ 3	☐ 4	☐ 5

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