

***Social Support Seeking***  
***Hamby, Taylor, Smith, & Blount (2018)***

Social support seeking consists of items that assess reaching out or feeling better knowing they can to talk with someone when going through a tough time. This questionnaire has been validated to be used in youth populations.

***Development and validation of measure:*** To establish reliability and validity for new and adapted items, we conducted a study with 440 youth participants from rural areas of the southeast, recruited through a local email classifieds list and word-of-mouth. We conducted domain-level factor analyses for all measures of interpersonal strengths. Five out of the six original items used in the survey loaded onto the same factor. Internal consistency (coefficient alpha) was .89. Validity was established in our sample with strong correlations with other measures, such as Social Support Received ( $r=.53$ ), Group Connectedness ( $r=.33$ ), and Subjective Well-being ( $r=.42$ ).

***Scoring:*** Each answer category was assigned a value from 4 to 1. Participant's raw scores on each item were standardized into z-scores. The scale-level mean was calculated from the item-level z-scores for participants who responded to at least half of the items on the scale, with higher scores indicating higher perceptions of seeking social support.

***Citation:***

Hamby, S., Taylor, E., Smith, A., & Blount, Z. (2018). *Resilience Portfolio Questionnaire Manual: Scales for youth*. Sewanee, TN: Life Paths Research Center.

1. Talking out with someone helps me when I'm upset.  
Mostly true about me ..... 4  
Somewhat true about me ..... 3  
A little true about me ..... 2  
Not true about me ..... 1
2. It helps me to discuss ideas with someone when I have a problem.  
Mostly true about me ..... 4  
Somewhat true about me ..... 3  
A little true about me ..... 2  
Not true about me ..... 1
3. I feel better when I talk to people about what's going on.  
Mostly true about me ..... 4  
Somewhat true about me ..... 3  
A little true about me ..... 2  
Not true about me ..... 1
4. I talk to someone to help me solve problems.  
Mostly true about me ..... 4  
Somewhat true about me ..... 3  
A little true about me ..... 2  
Not true about me ..... 1
5. I ask people to help me make tough decisions.  
Mostly true about me ..... 4  
Somewhat true about me ..... 3  
A little true about me ..... 2

Youth only

	Not true about me .....	1
6. Talking to someone who has been through the same thing helps me.		
	Mostly true about me .....	4
	Somewhat true about me .....	3
	A little true about me .....	2
	Not true about me .....	1