

Social Support Questionnaire (SSQ6)

The SSQ6 is a short-form tool designed to assess the perceived availability of, and satisfaction with, the social support received. It provides valuable insights into an individual's support network and the perceived quality of that support, which are useful in diagnosis, psychotherapeutic support, and research.

Number of questions	6 questions
Estimated duration	5 minutes
Language	English
Original name	Social Support Questionnaire
Target audience	Adults, adolescents
Authors	Irwin G. Sarason, Henry M. Levine, Robert B. Basham, Barbara R. Sarason (1987)
Category	General

Preview of the 6 questions

How satisfied are you with the overall support you have?

Whom can you really count on to be dependable when you need help?

List the people first (or check "No one"), then rate your satisfaction.

Very satisfied | Fairly satisfied | A little satisfied | A little dissatisfied | Fairly dissatisfied | Very dissatisfied

How satisfied are you with the overall support you have?

Whom can you really count on to help you feel more relaxed when you are under pressure or tense?

List the people first (or check "No one"), then rate your satisfaction.

Very satisfied | Fairly satisfied | A little satisfied | A little dissatisfied | Fairly dissatisfied | Very dissatisfied

How satisfied are you with the overall support you have?

Who accepts you totally, including both your worst and your best points?

List the people first (or check "No one"), then rate your satisfaction.

Very satisfied | Fairly satisfied | A little satisfied | A little dissatisfied | Fairly dissatisfied | Very dissatisfied

How satisfied are you with the overall support you have?

Whom can you really count on to care about you, regardless of what is happening to you?

List the people first (or check "No one"), then rate your satisfaction.

Very satisfied | Fairly satisfied | A little satisfied | A little dissatisfied | Fairly dissatisfied | Very dissatisfied

How satisfied are you with the overall support you have?

Whom can you really count on to help you feel better when you are feeling generally down-in-the-dumps?

List the people first (or check "No one"), then rate your satisfaction.

Very satisfied | Fairly satisfied | A little satisfied | A little dissatisfied | Fairly dissatisfied | Very dissatisfied

Administer your questionnaires online

Send your patient a link: they answer from their phone or computer, and you receive the scored results by email.

View the questionnaire on mentaal.org ›

Scoring & interpretation

For each situation, the patient indicates the number of people they can count on (perceived support) and their level of satisfaction with this support (on a scale from 1 to 6). Scores are calculated separately for the quantity of support (mean number of sources per item) and for satisfaction (mean of the satisfaction scores).

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 Julie V. - Online Psychologist