

October 1996

TO: Users of Social Support Surveys for Diet and Exercise Behaviors
FROM: James F. Sallis, Ph.D.
RE: Scoring of scales

Enclosed are copies of abbreviated versions of the Social Support and Eating Habits Survey and Social Support and Exercise Survey. These were designed to be easier to use than the original, complete scales reported in Preventive Medicine.

In scoring either the complete or abbreviated scales "8" should be recoded to "1."

The abbreviated Social Support for Eating Habits Survey should be scored separately for family and friends.

Encouragement: sum items 1 -5
Discouragement: sum items 6 -10

The Social Support and Exercise Survey should be scored differently for friends and family.

Family Participation: sum items 11 - 16 and 20 - 23
Family Rewards and Punishment (an optional scale): sum items 17 - 19
Friend Participation: sum items 11 - 16 and 20 - 23

The Rewards and Punishment subscale should not be scored for friends because it did not emerge in the factor analysis.

Reference:

Sallis, J.F., Grossman, R.M., Pinski, R.B., Patterson, T.L., and Nader, P.R. (1987).
The development of scales to measure social support for diet and exercise behaviors.
Preventive Medicine, 16, 825-836.

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