The Index of Sojourner Social Support

1. Listen and talk with you whenever you feel lonely or depressed.
2. Give you tangible assistance in dealing with any communication or language problems that you might face.
3. Explain things to make your situation clearer and easier to understand.
4. Spend some quiet time with you whenever you do not feel like going out.
5. Explain and help you understand the local culture and language.
6. Accompany you somewhere even if he/she doesn't have to.
7. Share your good times and bad times.
8. Help you deal with some local institutions' official rules and regulations.
9. Accompany you to do things whenever you need someone for company.
10. Provide necessary information to help orient you to your new surroundings.
11. Comfort you when you feel homesick.
12. Help you interpret things that you don't really understand.
13. Tell you what can and cannot done in ______ (the country’s name).
14. Visit you to see how you are doing.
15. Tell you about available choices and options.
16. Spend time chatting with you whenever you are bored.
17. Reassure you that you are loved, supported and cared for.
18. Show you how to do something that you didn't know how to do.
Instructions: The statements that follow relate to certain helpful behaviours that might make your stay in _______ easier or more pleasant. Read each description carefully and consider if you know persons who would perform the behaviours described. Use the following scale:*

Response options:  
1 No one would do this  
2 Someone would do this  
3 A few would do this  
4 Several would do this  
5 Many would do this

Scoring: The instrument can be scored as a single factor index of social support by summing all item scores. Alternatively, scores may be calculated for the Socio-emotional Support (items: 1,4,6,7,9,11,14,16,17) and the Instrumental Support subscales (items: 2,3,5,8,10,12,13,15,18).

Additional information: The scale items were originally published in Ward, Bochner and Furnham’s *The Psychology of Culture Shock* (p. 89) based on a Masters thesis by Andy S.-J. Ong, Information on the scale development and its psychometric properties will appear as:


* researchers may wish to specify that persons may include those overseas as research has shown that sojourners rely both on people in their home countries as well as those in their new location.