

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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## SOCIAL SUPPORT AND EATING HABITS SURVEY

Below is a list of things people might do or say to someone who is trying to improve their eating habits. We are interested in high fat and high salt (or high sodium) foods. If you are not trying to make any of these dietary changes, then some of the questions may not apply to you, but please read and give an answer to every question.

Please rate each question *twice*. Under *family*, rate how often anyone living in your household has said or done what is described during the last three months. Under *friends*, rate how often your friends, acquaintances, or coworkers have said or done what is described during the last three months.

Please write *one* number from the following rating scale in each space:

**SAMPLE:**

- |  |                        |                        |
|--|------------------------|------------------------|
| <p>A. If my family <i>rarely makes fun of the foods I eat, and my friends very often do</i>, I would answer like this:</p> <p>A. Made fun of the foods I eat</p> | <p>Family</p>          | <p>Friends</p>         |
|  | <p>A. <u>  2  </u></p> | <p>A. <u>  5  </u></p> |

none	rarely	a few times	often	very often	does not apply
1	2	3	4	5	8

During the past three months, my family (or members of my household) or friends:

- |  | Family                | Friends               |
|--|-----------------------|-----------------------|
| 1. Encouraged me not to eat "unhealthy foods" (cake, salted chips) when I'm tempted to do so.  | 1. <u>          </u>  | 1. <u>          </u>  |
| 2. Discussed my eating habit. changes with me (asked me how I'm doing with my eating changes). | 2. <u>          </u>  | 2. <u>          </u>  |
| 3. Reminded me not to eat high fat, high salt foods.   | 3. <u>          </u>  | 3. <u>          </u>  |
| 4. Complimented me on changing my eating habits ("Keep it up", "We are proud of you ").        | 4. <u>          </u>  | 4. <u>          </u>  |
| 5. Commented if I went back to my old eating habits.   | 5. <u>          </u>  | 5. <u>          </u>  |
| 6. Ate high fat or high salt foods in front of me.   | 6. <u>          </u>  | 6. <u>          </u>  |
| 7. Refused to eat the same foods I eat.  | 7. <u>          </u>  | 7. <u>          </u>  |
| 8. Brought home foods I'm trying not to eat.   | 8. <u>          </u>  | 8. <u>          </u>  |
| 9. Got angry when I encouraged them to eat low salt, low fat foods.                            | 9. <u>          </u>  | 9. <u>          </u>  |
| 10. Offered me food I'm trying not to eat.   | 10. <u>          </u> | 10. <u>          </u> |

## SOCIAL SUPPORT AND EXERCISE SURVEY

Below is a list of things people might do or say to someone who is trying to exercise regularly. If you are not trying to exercise, then some of the questions may not apply to you, but please read and give an answer to every question.

Please rate each question *twice*. Under *family*, rate how often anyone living in your household has said or done what is described during the last three months. Under *friends*, rate how often your friends, acquaintances, or coworkers have said or done what is described during the last three months.

Please write *one* number from the following rating scale in each space:

		a few times		very often	does not apply
none	rarely		often		
1	2	3	4	5	8

During the past three months, my family (or members of my household) or friends:

	Family	Friends
11. Exercised with me.	11. _____	11. _____
12. Offered to exercise with me.	12. _____	12. _____
13. Gave me helpful reminders to exercise ("Are you going to exercise tonight?").	13. _____	13. _____
14. Gave me encouragement. to stick with my exercise program.	14. _____	14. _____
15. Changed their schedule so we could exercise together.	15. _____	15. _____
16. Discussed exercise with me.	16. _____	16. _____
17. Complained about the time I spend exercising.	17. _____	17. _____
18. Criticized me or made fun of me for exercising.	18. _____	18. _____
19. Gave me rewards for exercising (bought me something or gave me something I like).	19. _____	19. _____
20. Planned for exercise on recreational outings.	20. _____	20. _____
21. Helped plan activities around my exercise.	21. _____	21. _____
22. Asked me for ideas on how <i>they</i> can get more exercise.	22. _____	22. _____
23. Talked about how much they like to exercise.	23. _____	23. _____

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1. English  2. Spanish Date: Entered   /   /

Coder: