

The Social Support Index (SSI)

The Social Support Index (SSI) was developed by Hamilton McCubbin, Joan Patterson, and Thomas Glynn (1982) as part of several national studies with the goal of recording the degree to which families find support in their communities. Community based social support is viewed as an important dimension and factor in family resiliency. Past studies have emphasized the importance of social support as a buffer against family crisis factors, a resiliency factor in promoting family recovery, and as a mediator of family distress.

Example Items: "Please indicate how much you agree or disagree with each of the following statements about your community and family"

*Members of my family seldom listen to my problems or concerns; I usually feel criticized.

*Living in this community gives me a secure feeling.

*Member(s) of my family do not seem to understand me; I feel taken for granted.

Available in: English, Xhosa, Afrikaans

