ISEL-12

Subject ID	Month	Day	Year	Week
0 0 0 0	0 0	0 0	0 0	0 0
1 1 1 1	1 1	1 1	1 1	1 1
2 2 2 2	2 2	2 2	2 2	2 2
3 3 3 3	3 3	3 3	3 3	3 3
4 4 4 4	4 4	4 4	4 4	4 4
5 5 5 5	5 5	5 5	5 5	5 5
6 6 6 6	6 6	6 6	6 6	6 6
7 7 7 7	7 7	7 7	7 7	7 7
8 8 8 8	8 8	8 8	8 8	8 8
9 9 9 9	9 9	9 9	9 9	9 9

This scale is made up of a list of statements each of which may or may not be true about you. For each statement blacken "definitely true" if you are sure it is true about you and "probably true" if you think it is true but are not absolutely certain. Similarly, you should blacken "definitely false" if you are sure the statement is false and "probably false" if you think it is false but are not absolutely certain.

1	2	3	4
definitely false	probably false	probably true	definitely true

	definitely false	probably false	probably true	definitely true
1. If I wanted to go on a trip for a day (for example, to the country or mountains), I would have a hard time finding someone to go with me.	1	2	3	4
2. I feel that there is no one I can share my most private worries and fears with.	1	2	3	4
3. If I were sick, I could easily find someone to help me with my daily chores.	1	2	3	4
4. There is someone I can turn to for advice about handling problems with my family.	1	2	3	4
5. If I decide one afternoon that I would like to go to a movie that evening, I could easily find someone to go with me.	1	2	3	4
6. When I need suggestions on how to deal with a personal problem, I know someone I can turn to.	1	2	3	4
7. I don't often get invited to do things with others.	1	2	3	4
8. If I had to go out of town for a few weeks, it would be difficult to find someone who would look after my house or apartment (the plants, pets, garden, etc.).	1	2	3	4
9. If I wanted to have lunch with someone, I could easily find someone to join me.	1	2	3	4
10. If I was stranded 10 miles from home, there is someone I could call who could come and get me.	1	2	3	4
11. If a family crisis arose, it would be difficult to find someone who could give me good advice about how to handle it.	1	2	3	4
12. If I needed some help in moving to a new house or apartment, I would have a hard time finding someone to help me.	1	2	3	4