

DUKE SOCIAL SUPPORT AND STRESS SCALE (DUSOCS)

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Date Today: _____ Name: _____ ID#: _____
Date of Birth: _____ Female ___ Male ___

PAGE 1: SUPPORT

I. People Who Give Personal Support

[A supportive person is one who is helpful, who will listen to you, or who will back you up when you are in trouble.]

INSTRUCTIONS: Please look at the following list and decide how much each person (or group of persons) is supportive for you at this time in your life. Check (T) your answer.

<u>How supportive are these people now:</u>	<u>None</u>	<u>Some</u>	<u>A Lot</u>	<u>There is No Such Person</u>
1. Your wife, husband, or significant other person	_____	_____	_____	_____
2. Your children or grandchildren.....	_____	_____	_____	_____
3. Your parents or grandparents	_____	_____	_____	_____
4. Your brothers or sisters	_____	_____	_____	_____
5. Your other blood relatives.....	_____	_____	_____	_____
6. Your relatives by marriage (for example: in-laws, ex-wife ex-husband)	_____	_____	_____	_____
7. Your neighbors	_____	_____	_____	_____
8. Your co-workers.....	_____	_____	_____	_____
9. Your church members.....	_____	_____	_____	_____
10. Your other friends.....	_____	_____	_____	_____
11. Do you have one particular person whom you trust and to whom you can go with personal difficulties?		<u>Yes</u>	<u>No</u>	
		_____	_____	
12. If you answered "yes", which of the above types of person is he or she? (for example: child, parent, neighbor) _____				

(Continued on Page 2)

PAGE 2: STRESS

II. People Who Cause Personal Stress

[A person who stresses you is one who causes problems for you or makes your life more difficult.]

INSTRUCTIONS: Please look at the following list and decide how much each person (or group of persons) is a stress for you at this time in your life. Check (T) your answer.

<u>How stressed do you feel by these people now:</u>	<u>None</u>	<u>Some</u>	<u>A Lot</u>	<u>There is No Such Person</u>
1. Your wife, husband, or significant other person	_____	_____	_____	_____
2. Your children or grandchildren.....	_____	_____	_____	_____
3. Your parents or grandparents	_____	_____	_____	_____
4. Your brothers or sisters	_____	_____	_____	_____
5. Your other blood relatives.....	_____	_____	_____	_____
6. Your relatives by marriage (for example: in-laws, ex-wife ex-husband).....	_____	_____	_____	_____
7. Your neighbors	_____	_____	_____	_____
8. Your co-workers.....	_____	_____	_____	_____
9. Your church members	_____	_____	_____	_____
10. Your other friends	_____	_____	_____	_____
11. Is there one particular person who is causing you the most personal stress now?	<u>Yes</u>	<u>No</u>	_____	_____
12. If you answered "yes", which of the above types of person is he or she? (for example: child, parent, neighbor)	_____			

SCORING FOR THE DUKE SOCIAL SUPPORT AND STRESS SCALE

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Scoring is done either manually as described below, or by computer as shown in Appendix F of the User's Guide.

DUSOCS Social Support (See example in Figure 16.)

Support Step 1: Assign the following raw scores for each check mark made by the respondent:

"None" = 0	"Yes" = 2
"Some" = 1	"No" = 0
"A Lot" = 2	"There is No Such Person" = 0

Rules for missing values: If all items in the entire "support" section are left blank, then all are considered to be "missing values" and no support scores can be generated. However, if at least one item is checked in the support section, then all the blanks are scored "0" and the check or checks are scored "0" to "2" as noted above.

Support Step 2: Calculate the score for **DUSOCS Family Support**

- a. Sum the raw scores for the six categories of family members under Section IA.
- b. If the "special supportive person" in Section IC is a family member, add the raw score for "yes" (i.e., 2) to the sum of IA. If not a family member, add the raw score for "no" (i.e., 0).
- c. Divide by 14 and multiply by 100 to obtain the Family Support Score on a scale of 0 to 100.

Example: For the patient shown in Figure 16, the score for Family Support is calculated as follows:

- a. Sum the raw scores for the six categories of family members under Section IA.

<u>Type of person</u>	<u>Raw Score</u>
1. Your wife, husband, or significant other person	= 2
2. Your children or grandchildren	= 0
3. Your parents or grandparents	= 2
4. Your brothers or sisters	= 1
5. Your other blood relatives	= 1
6. Your relatives by marriage	= 2
Sum	= <u>8</u>

- b. If the "special supportive person" in Section IC is a family member, add the raw score for "yes" (i.e., 2) to the sum of IA. If not a family member, add the raw score for "no" (i.e., 0). to the sum of IA.

Special supportive person = wife

Because "wife" is a family member, add the raw score of 2: $8 + 2 = 10$

c. Divide by 14 and multiply by 100 to obtain the Family Support Score on a scale of 0 to 100.

$$10 \div 14 = 0.714$$

$$0.714 \times 100 = \mathbf{71.4 = DUSOCS \text{ Family Support Score}}$$

Support Step 3: Calculate the score for **DUSOCS Non-Family Support**.

a. Sum the raw scores for the four categories of non-family members under Section IB.

b. If the "special supportive person" in Section IC is a non-family member, add the raw score for "yes" (i.e., 2) to the sum of IB. If not a non-family member, add the raw score for "no" (i.e., 0) to the sum of IB.

c. Divide by 10 and multiply by 100 to obtain the Non-Family Support Score on a scale of 0 to 100.

Example: For the patient shown in Figure 16, the score for Non-Family Support is calculated as follows:

a. Sum the raw scores for the four categories of non-family members under Section IB.

<u>Type of Person</u>	=	<u>Raw Score</u>
Your neighbors	=	1
Your co-workers	=	2
Your church members	=	0
Your other friends	=	1
Sum	=	<u>4</u>

b. If the "special supportive person" in Section IC is a non-family member, add the raw score for "yes" (i.e., 2) to the sum of IB. If not a non-family member, add the raw score for "no" (i.e., 0) to the sum of IB.

Because the special supportive person (i.e., wife) is not a non-family member, the raw score of 0 is added: $4 + 0 = 4$

c. Divide by 10 and multiply by 100 to obtain the Non-Family Support Score on a scale of 0 to 100: $4 \div 10 = 0.40$

$$0.40 \times 100 = \mathbf{40.0 = DUSOCS \text{ Non-Family Support Score}}$$

Support Step 4: Calculate the score for **DUSOCS Social Support**

a. Sum the raw scores for Sections IA, IB, and IC.

b. Divide by 22 and multiply by 100 to obtain the Social Support Score on a scale of 0 to 100.

Example: For the patient shown in Figure 16, the score for Social Support is calculated as follows:

a. Sum the raw scores for Sections IA, IB, and IC: $8 + 4 + 2 = 14$

b. Divide by 22 and multiply by 100 to obtain the Social Support score on a scale of 0 to

100: $14 \div 22 = 0.636$
 $0.636 \times 100 = 63.6 = \text{DUSOCS Social Support score}$
DUSOCS Social Stress (See example in Figure 17.)

Stress Step 1: Assign the following raw scores for each check mark made by the respondent:

"None" = 0	"Yes" = 2
"Some" = 1	"No" = 0
"A Lot" = 2	"There is No Such Person" = 0

Rules for missing values: If all items in the entire "stress" section are left blank, then all are considered to be "missing values" and no stress scores can be generated. However, if at least one item is checked in the stress section, then all the blanks are scored "0" and the check or checks are scored "0" to "2" as noted above.

Stress Step 2: Calculate the score for **DUSOCS Family Stress**.

- Sum the raw scores for the six categories of family members under Section IIA.
- If the "most stressful person" in Section IIC is a family member, add the raw score for "yes" (i.e., 2) to the sum of IIA. If not a family member, add the raw score for "no" (i.e., 0).
- Divide by 14 and multiply by 100 to obtain the Family Stress Score on a scale of 0 to 100.

Example: For the patient shown in Figure 17, the score for Family Stress is calculated as follows:

- Sum the raw scores for the six categories of family members under Section IIA.

<u>Type of person</u>	<u>Raw Score</u>
1. Your wife, husband, or significant other person	= 1
2. Your children or grandchildren	= 0
3. Your parents or grandparents	= 1
4. Your brothers or sisters	= 2
5. Your other blood relatives	= 1
6. Your relatives by marriage	= 1
Sum	= <u>6</u>

- If the "most stressful person" in Section IIC is a family member, add the raw score for "yes" (i.e., 2) to the sum of IIA. If not a family member, add the raw score for "no" (i.e., 0) to the sum of IIA.

Most stressful person = brother

Because "brother" is a family member, add the raw score of 2: $6 + 2 = 8$

- Divide by 14 and multiply by 100 to obtain the Family Stress Score on a scale of 0 to 100.

$$8 \div 14 = 0.571$$

$$0.571 \times 100 = \mathbf{57.1 = DUSOCS Family Stress Score}$$

Stress Step 3: Calculate the score for **DUSOCS Non-Family Stress**.

- Sum the raw scores for the four categories of non-family members under Section IIB.
- If the "most stressful person" in Section IIC is a non-family member, add the raw score for "yes" (i.e., 2) to the sum of IIB. If not a non-family member, add the raw score for "no" (i.e., 0) to the sum of IIB.
- Divide by 10 and multiply by 100 to obtain the Non-Family Stress Score on a scale of 0 to 100.

Example: For the patient shown in Figure 17, the score for Non-Family Stress is calculated as follows:

- Sum the raw scores for the four categories of non-family members under Section IIB.

<u>Type of Person</u>		<u>Raw Score</u>
Your neighbors	=	1
Your co-workers	=	1
Your church members	=	0
Your other friends	=	0
Sum	=	<u>2</u>

- If the "most stressful person" in Section IIC is a non-family member, add the raw score for "yes" (i.e., 2) to the sum of IIB. If not a non-family member, add the raw score for "no" (i.e., 0) to the sum of IIB.

Because the most stressful person (i.e., brother) is not a non-family member, the raw score of 0 is added: $2 + 0 = 2$

- Divide by 10 and multiply by 100 to obtain the Non-Family Stress Score on a scale of 0 to 100: $2 \div 10 = 0.20$

$$0.20 \times 100 = \mathbf{20.0 = DUSOCS Non-Family Stress Score}$$

Stress Step 4: Calculate the score for **DUSOCS Social Stress**

- Sum the raw scores for Sections IIA, IIB, and IIC.
- Divide by 22 and multiply by 100 to obtain the Social Stress Score on a scale of 0 to 100.

Example: For the patient shown in Figure 17, the score for Social Stress is calculated as follows:

- Sum the raw scores for Sections IIA, IIB, and IIC: $6 + 2 + 2 = \mathbf{10}$

- Divide by 22 and multiply by 100 to obtain the Social Stress score on a scale of 0 to 100: $10 \div 22 = 0.455$

$$0.455 \times 100 = \mathbf{45.5 = DUSOCS Social Stress score}$$

In summary, the DUSOCS scores for the sample patient shown in Figure 16 and Figure 17 are as follows:

1. **Family Support score = 71.4**
2. **Non-Family Support score = 40.0**
3. **Social Support score = 63.6**
4. **Family Stress score = 57.1**
5. **Non-Family Stress score = 20.0**
6. **Social Stress score = 45.5**

SAMPLE ONLY: NOT FOR COPY

Figure 16. FORM A: FOR SELF-ADMINISTRATION BY THE RESPONDENT (revised 1-99)

DUKE SOCIAL SUPPORT AND STRESS SCALE (DUSOCS)

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Date Today: 9-3-2011 Name: Jim Williams ID#: 001
 Date of Birth: 7-2-1966 Female Male

PAGE 1: SUPPORT

I. People Who Give Personal Support

[A supportive person is one who is helpful, who will listen to you, or who will back you up when you are in trouble.]

INSTRUCTIONS: Please look at the following list and decide how much each person (or group of persons) is supportive for you at this time in your life. Check (T) your answer.

<u>How supportive are these people now:</u>	<u>None</u>	<u>Some</u>	<u>No Such A Lot</u>	<u>Person</u>
1. Your wife, husband, or significant other person	_____	_____	/_____	_____
2. Your children or grandchildren	_____	_____	_____	/_____
3. Your parents or grandparents	_____	_____	/_____	_____
4. Your brothers or sisters	_____	/_____	_____	_____
5. Your other blood relatives	_____	/_____	_____	_____
6. Your relatives by marriage (for example: in-laws, ex-wife, ex-husband)	_____	_____	/_____	_____
7. Your neighbors	_____	/_____	_____	_____
8. Your co-workers	_____	_____	/_____	_____
9. Your church members	_____	_____	_____	/_____
10. Your other friends	_____	/_____	_____	_____
11. Do you have one particular person whom you trust and to whom you can go with personal difficulties?		<u>Yes</u>	<u>No</u>	
		/_____	_____	
12. If you answered "yes", which of the above types of person is he or she? (for example: child, parent, neighbor) _____				<u>Wife</u>

Figure 17. PAGE 2: STRESS (DUSOCS FORM A)

II. People Who Cause Personal Stress

[A person who stresses you is one who causes problems for you or makes your life more difficult.]

INSTRUCTIONS: Please look at the following list and decide how much each person (or group of persons) is a stress for you at this time in your life. Check (T) your answer.

<u>How stressed do you feel by these people now:</u>	<u>None</u>	<u>Some</u>	<u>There is No Such A Lot</u>	<u>Person</u>
1. Your wife, husband, or significant other person.....	_____	/	_____	_____
2. Your children or grandchildren	_____	_____	_____	/
3. Your parents or grandparents	_____	/	_____	_____
4. Your brothers or sisters.....	_____	_____	/	_____
5. Your other blood relatives	_____	/	_____	_____
6. Your relatives by marriage (for example: in-laws, ex-wife, ex-husband).....	_____	/	_____	_____
7. Your neighbors	_____	/	_____	_____
8. Your co-workers	_____	/	_____	_____
9. Your church members.....	_____	_____	_____	/
10. Your other friends	/	_____	_____	_____
11. Is there one particular person who is causing you the most personal stress now?	_____	<u>Yes</u>	<u>No</u>	_____
12. If you answered "yes", which of the above types of person is he or she? (for example: child, parent, neighbor)	_____ <u>Brother</u> _____			

SAMPLE ONLY: NOT FOR COPY