Traditional Chinese version of Social Support Scale

Reference:

Hamby, S., Grych, J., & Banyard, V. (2018). Resilience portfolios and poly-strengths: Identifying protective factors associated with thriving after adversity. *Psychology of Violence*, *8*(2), 172–183. https://doi.org/10.1037/vio0000135

Hamby, S, Taylor, E, Smith, A, Mitchell, K, Jones, L, Newlin, C. (2018). New measures to assess the social ecology of youth: A mixed-methods study. *Journal of Community Psychology*, 47, 1666–1681. https://doi.org/10.1002/jcop.22220

Social Support Received

"Think about the last time you were upset about something." (1=Not true; 2=A little true; 3=Somewhat true; 4=Mostly true)	請你仔細回想上次當你難過沮喪時的經驗，然後圈選一個最符合你狀況的答案。（0=從未如此、1=有時如此、2=大多如此、3=一直如此）
1. Someone was there for me when I was having a hard time.	1. 當我經**歷困難時**，有人幫助、陪伴我
2. Someone gave me a place where I could get away for a while.	2. 有人給我一個暫時喘口氣的空間
3. Someone helped me get my mind off things.	3. 有人**幫助我不要一直想煩心的事**
4. Someone went with me to get some help.	4. 有人陪伴我尋求我需要的協助
5. Someone comforted me.	5. 有人安慰我

Social Support Seeking

(1=Not true about me; 2=A little true about me; 3=Somewhat true about me; 4=Mostly true about me)	請你回想一般的狀況，然後圈選一個最符合你狀況的答案。（0=從未如此、1=有時如此、2=大多如此、3=一直如此）
1. Talking it out with someone helps me when I'm upset.	1. 當我難過沮喪時，我會找人談談以尋求**幫助**
2. It helps me to discuss ideas with someone when I have a problem.	2. 我會和人討論我遇到的難題
3. I feel better when I talk to people about what's going on.	3. 當我和別人聊聊自己最近遇到的事情時，我會覺得好一點
4. I talk to someone to help me solve problems.	4. 我會透過和人討論，來**幫助自己解決遇到的困難**
5. I ask people to help me make tough decisions.	5. 當我需要做困難的決定時，我會詢問別人的意見
6. Talking to someone who has been through the same thing helps me.	6. 和曾經遇過相同困難的人聊聊，對我有**幫助**

Translated by Cheng, S.-Y. & Shen, A. C.-T.