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| **About the Measure** | |
| **Domain** | Social Environments |
| **Measure** | Social Support |
| **Definition** | This measure is a questionnaire to assess the type, size, closeness, and frequency of contacts in a respondent’s current social network. In contrast to the Social Networks measure which captures each network member, this measure allows researchers to categorize individuals based on social connectedness and can highlight those at risk for social isolation. |

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| **About the Protocol** | |
| **Description of Protocol** | The Berkman-Syme Social Network Index (SNI) is a self-reported questionnaire for use in adults aged 18–64 years old that is a composite measure of four types of social connections: marital status (married vs. not); sociability (number and frequency of contacts with children, close relatives, and close friends); church group membership (yes vs. no); and membership in other community organizations (yes vs. no). SNI allows researchers to categorize individuals into four levels of social connection: socially isolated (individuals with low intimate contacts—not married, fewer than six friends or relatives, and no membership in either church or community groups), moderately isolated, moderately integrated, and socially integrated. |
| **Protocol text** | The following two-page questionnaire asks about your social support. Please read the following questions and circle the response that most closely describes your current situation.  1. How many *close friends* do you have, people that you feel at ease with, can talk to about private matters?  [ ] 0 None  [ ] 1 1 or 2  [ ] 2 3 to 5  [ ] 3 6 to 9  [ ] 4 10 or more  [ ] 9 Unknown  2. How many of these *close friends* do you see at least once a month?  [ ] 0 None  [ ] 1 1 or 2  [ ] 2 3 to 5  [ ] 3 6 to 9  [ ] 4 10 or more  [ ] 9 Unknown  3. How many *relatives* do you have, people that you feel at ease with, can talk to about private matters?  [ ] 0 None  [ ] 1 1 or 2  [ ] 2 3 to 5  [ ] 3 6 to 9  [ ] 4 10 or more  [ ] 9 Unknown  4. How many of these *relatives* do you see at least once a month?  [ ] 0 None  [ ] 1 1 or 2  [ ] 2 3 to 5  [ ] 3 6 to 9  [ ] 4 10 or more  [ ] 9 Unknown  5. Do you participate in any groups, such as a senior center, social or work group, religious-connected group, self-help group, or charity, public service, or community group?  [ ] 0 No  [ ] 1 Yes  [ ] 9 Unknown  6. About how often do you go to religious meetings or services?  [ ] 0 Never or almost never  [ ] 1 Once or twice a year  [ ] 2 Every few months  [ ] 3 Once or twice a month  [ ] 4 Once a week  [ ] 5 More than once a week  [ ] 9 Unknown  7. Is there someone available to you whom you can count on to listen to you when you need to talk?  [ ] 0 None  [ ] 1 1 or 2  [ ] 2 3 to 5  [ ] 3 6 to 9  [ ] 4 10 or more  [ ] 9 Unknown  8. Is there someone available to give you good advice about a problem?  [ ] 0 None  [ ] 1 1 or 2  [ ] 2 3 to 5  [ ] 3 6 to 9  [ ] 4 10 or more  [ ] 9 Unknown  9. Is there someone available to you who shows you love and affection?  [ ] 0 None  [ ] 1 1 or 2  [ ] 2 3 to 5  [ ] 3 6 to 9  [ ] 4 10 or more  [ ] 9 Unknown  10. Can you count on anyone to provide you with emotional support (talking over problems or helping you make a difficult decision)?  [ ] 0 None  [ ] 1 1 or 2  [ ] 2 3 to 5  [ ] 3 6 to 9  [ ] 4 10 or more  [ ] 9 Unknown  11. Do you have as much contact as you would like with someone you feel close to, someone in whom you can trust and confide?  [ ] 0 None  [ ] 1 1 or 2  [ ] 2 3 to 5  [ ] 3 6 to 9  [ ] 4 10 or more  [ ] 9 Unknown  **Scoring Instructions:**  Loucks et al. (2006) scored as follows: Married (no = 0; yes = 1); close friends and relatives (0–2 friends and 0–2 relatives = 0; all other scores = 1); group participation (no = 0; yes = 1); participation in religious meetings or services (less than or equal to every few months = 0; greater than or equal to once or twice a month = 1). The latter two categories were mutually exclusive from each other. Scores were summed: 0 or 1 being the most isolated category; and 2, 3, or 4 formed the other three categories of increasing social connectedness.  Psychometrics on the Berkman-Syme Social Network Index (SNI) and additional evidence for the scale’s predictive validity are available in Berkman and Breslow (1983). |
| **Participant** | Adults, aged 20–65 years old |
| **Source** | U.S. Department of Health and Human Services; National Institutes of Health; National Heart, Lung and Blood Institute; and Boston University. (YYYY). Framingham Heart Study (FHS), Exam 27. Berkman-Syme Social Network Questionnaire, Part I and Part II, questions 1–6, 9–13 (questions 7–11). |
| **Language of Source** | English |
| **Personnel and Training Required** | None |
| **Equipment Needs** | The respondent will need a copy of the questionnaire. |
| **Protocol Type** | Self-administered questionnaire |
| **General References** | Berkman, L. F., Blumenthal, J., Burg, M., [Carney, R. M](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Carney%20RM%22%5BAuthor%5D)., [Catellier, D](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Catellier%20D%22%5BAuthor%5D)., [Cowan, M. J](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Cowan%20MJ%22%5BAuthor%5D)., [Czajkowski, S. M](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Czajkowski%20SM%22%5BAuthor%5D)., [DeBusk, R](http://www.ncbi.nlm.nih.gov/pubmed?term=%22DeBusk%20R%22%5BAuthor%5D)., [Hosking, J](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Hosking%20J%22%5BAuthor%5D)., [Jaffe, A](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Jaffe%20A%22%5BAuthor%5D)., [Kaufmann, P. G](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Kaufmann%20PG%22%5BAuthor%5D)., [Mitchell, P](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Mitchell%20P%22%5BAuthor%5D)., [Norman, J](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Norman%20J%22%5BAuthor%5D)., [Powell, L. H](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Powell%20LH%22%5BAuthor%5D)., [Raczynski, J. M](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Raczynski%20JM%22%5BAuthor%5D)., & [Schneiderman, N](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Schneiderman%20N%22%5BAuthor%5D).; [Enhancing Recovery in Coronary Heart Disease Patients Investigators (ENRICHD)](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Enhancing%20Recovery%20in%20Coronary%20Heart%20Disease%20Patients%20Investigators%20(ENRICHD)%22%5BCorporate%20Author%5D). (2003). Effects of treating depression and low-perceived social support on clinical events after myocardial infarction: The enhancing recovery in coronary heart disease patients (ENRICHD) randomized trial. *Journal of the American Medical Association, 289*(23), 2106–3116.  Berkman and L. Breslow (1983) Health and Ways of Living. New York, NY: Oxford University Press.  Berkman, L. F., & Syme, S. L. (1979). Social networks, host resistance, and mortality: A nine-year follow-up of Alameda county residents. *American Journal of Epidemiology, 109,* 186–204.  Biordi, D. L., & Nicholson, N. R. (2008). Social isolation. In P. D. Larsen & I. M. Lubkin (Eds.), *Chronic illness: Impact and intervention* (7th ed.; pp. 85–117). Boston: Jones and Bartlett.  Brissette, I., Cohen, S., & Seeman, T. (2000). Measuring social integration and social network. In S. Cohen, L. Underwood, & B. Gottlieb (Eds.), Social support measurement and interventions: A handbook for health and social scientists (pp. 53–85). New York: Oxford University Press.  Kawachi, I., Colditz, G. A., Ascherio, A., Rimm, E. B., Giovannucci, E., Stampfer, M. J., & Willett, W. C. (1996). A prospective study of social networks in relation to total mortality and cardiovascular disease in men in the USA. *Journal of Epidemiology and Community Health, 50,* 245–251.  Loucks, E., Sullivan, L., D’Agostino, R., Larson, M., Berkman, L., & Benjamin, E. (2006). Social networks and inflammatory markers in the Framingham Heart Study*.* *Journal of Biosocial Science, 38*(6), 835–842.  Lubben, J., & Gironda, M. (2004). Measuring social networks and assessing their benefits. In C. Phillipson, G. Allan, & D. H. J. Morgan (Eds.), *Social networks and social exclusion: Sociological and policy perspectives* (pp. 20–35). Hampshire, United Kingdom: Ashgate.  Michael, Y., Colditz, G., Coakley, E., & Kawachi, I. (1999). Health behaviors, social networks, and healthy aging: Cross-sectional evidence from the Nurses’ Health Study. *Quality of Life Research, 8,* 711–722. |