

Oslo Social Support Scale-3 (OSSS-3)

Category: Social Support | Items: 3 | Time: ~1 min

Description / When to Use

3-item brief measure of perceived social support.

Instructions for Respondent

Please read each statement carefully and respond based on how you have felt over the specified time period. There are 3 items in this scale. Estimated completion time: 1 minutes.

Scale Items

[Full item list not shown in this educational summary. Please refer to the original publication for complete items.]

Response Options

Please refer to the original publication for specific response options.

Scoring Guide

Sum all 3 items with specific scoring. Total range 3-14. Score 3-8 = poor, 9-11 = moderate, 12-14 = strong.

Cutoff Interpretation

Score Range	Severity	Recommended Action
3-8	Poor support	Social support intervention
9-11	Moderate support	Monitor
12-14	Strong support	Maintain

Psychometric Properties

Cronbach's alpha: 0.85 | Test-retest reliability: 0.80

Validity: Widely used in epidemiological studies.

License

Free to use with citation

Citation (APA Format)

Dalgard, O. S. (1998). Social support: Con predictor or con predicted? A study of expected and received social support, expected and received social support, and the Oslo 3-item social support scale. *Mental Health and Prevention*, 6(1), 1-7.

DOI: 10.1016/j.mhp.1998.01.001

URL: <https://www.researchgate.net/publication/228883228>