Scoring Instructions for the Exercise Social Support Scale

In scoring:

L1 to L18, L22 to L25

1 = Never    2 = Sometimes    3 = Often    0 = Don’t Know

L19 to L21, L26 are reversed scored

1 = Often    2 = Sometimes    3 = Never    0 = Don’t Know

The total Exercise Social Support Scale Score is the sum of L1 to L18, L22 to L25, and reverse scored L19, L20, L21, and L26.