Health Promotion Model - Instruments to Measure HPM Behavioral Determinants: Exercise Social Support Scale (Adolescent Version)

Pender, Nola J.; Garcia, Anne W.; Ronis, David L.

http://hdl.handle.net/2027.42/85345
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.