



Data Collection Worksheet

Please Note: The Data Collection Worksheet (DCW) is a tool to aid integration of a PhenX protocol into a study. The PhenX DCW is not designed to be a data collection instrument. Investigators will need to decide the best way to collect data for the PhenX protocol in their study. Variables captured in the DCW, along with variable names and unique PhenX variable identifiers, are included in the PhenX Data Dictionary (DD) files.

NIH Toolbox Social Relationship (SR) Scales

Instruction Set for Social Support (Emotional/Instrumental Support) items: For the next set of questions, please read each statement and then decide how much each applies to you in the past month.
In the past month, please rate how often...

Emotional Support

1. I have someone who understands my problems

- 1 [] = Never
2 [] = Rarely
3 [] = Sometimes
4 [] = Usually
5 [] = Always

2. I have someone who will listen to me when I need to talk

- 1 [] = Never
2 [] = Rarely
3 [] = Sometimes
4 [] = Usually
5 [] = Always

3. I feel there are people I can talk to if I am upset

- 1 [] = Never

	2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
4. I have someone to talk with when I have a bad day	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
5. I have someone I trust to talk with about my problems	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
6. I have someone I trust to talk with about my feelings	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
7. I can get helpful advice from others when dealing with a problem	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always

8. I have someone to turn to for suggestions about how to deal with a problem	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
Instrumental Support	
1. Someone is around to make my meals if I am unable to do it myself	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
2. I have someone to take me shopping if I need it	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
3. I have someone to help me if I'm sick in bed	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
4. I have someone to pick up medicine for me if I need it	1 [] = Never 2 [] = Rarely

	3 [] = Sometimes 4 [] = Usually 5 [] = Always
5. I have someone to take me to the doctor if I need it	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
6. There is someone around to help me if I need it	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
7. I can find someone to drive me places if I need it	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
8. I can get help cleaning up around my home if I need it	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
Instruction Set for Companionship (Friendship/Loneliness) items: For the next set of questions, please read each statement and then decide how	

much each applies to you in the past month.
In the past month, please rate how often...

Friendship	
1. I get invited to go out and do things with other people	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
2. I have friends I get together with to relax	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
3. There are people around with whom to have fun	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
4. I can find a friend when I need one	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
5. I feel like I have lots of friends	1 [] = Never

	2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
6. I have friends who will have lunch with me when I want	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
7. I feel close to my friends	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
8. I feel like I'm part of a group of friends	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
Loneliness	
1. I feel alone and apart from others	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually

	5 [] = Always
2. I feel left out	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
3. I feel that I am no longer close to anyone	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
4. I feel alone	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
5. I feel lonely	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
<p>Instruction Set for Social Distress (Perceived Rejection / Hostility) items:</p> <p>For the next set of questions, please read each statement and then decide how much each applies to you in the past month.</p> <p>In the past month, please rate how often people in your life...</p>	

Perceived Rejection	
1. Don't listen when I ask for help	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
2. Act like my problems aren't that important	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
3. Let me down when I am counting on them	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
4. Act like they don't have time for me	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
5. Act like they don't want to hear about my problems	1 [] = Never 2 [] = Rarely

	3 [] = Sometimes 4 [] = Usually 5 [] = Always
6. Act like they don't care about me	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
7. Act like they can't be bothered by me or my problems	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
8. Avoid talking to me	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
Perceived Hostility	
1. Argue with me	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always

2. Act in an angry way toward me	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
3. Criticize the way I do things	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
4. Yell at me	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
5. Get mad at me	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
6. Blame me when things go wrong	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually

	5 [] = Always
7. Act nasty to me	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always
8. Tease me in a mean way	1 [] = Never 2 [] = Rarely 3 [] = Sometimes 4 [] = Usually 5 [] = Always

Protocol source: <https://www.phenxtoolkit.org/protocols/view/590101>